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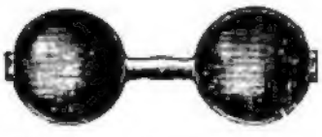

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For obvious reasons it is not possible for me to disclose the names and addresses in the cases referred to below, but in order that the medical profession may have greater facilities for investigating my methods and observing the results obtained, I cordially invite them, and I will gladly afford them every opportunity to study the records of all the cases that have been and are under treatment.

Constipation.

CASE No. 4680. J.M.M. Medical man, aged 43, suffering with chronic constipation — ***Report after 28 days' Treatment.*** "I am extremely pleased to report myself as feeling A.1. Far more important I think is the increased feeling of well being and above all the **complete disappearance of the constipation** which has been my bugbear for 10 or 12 years."

Liver Troubles.

CASE 4871. Rev. G.E.S. Clergymen, aged 48, suffering from liver troubles, constipation an "tired and fagged out feeling."—***Report after 28 days' Treatment.*** "Greatly improved. **Have scarcely experienced that terribly tired, fagged-out feeling** in my work, which I suffered from before—bowels correct."

Insomnia.

CASE No. 4757. H.E. Gentleman, aged 28, suffering from insomnia, indigestion, and constipation.—***Report after 28 days' Treatment.*** "Very much better in health, **sleep sounder,** digestion better, and bowels correct."

Indigestion.

CASE No. 4711. E W. Lady, aged 44, suffering with obesity, indigestion and constipation.—***Report after 12 days' Treatment.*** "**Digestion greatly improved,** bowels improved, heavy tired feeling better, weight reduced 1st. 2lbs. The doctor says I must on no account miss one of your exercises, they are all important."

Loss of Vigour.

CASE No. 5005. J.B. Gentleman, aged 22, feeling of extreme lassitude.—***Report after 12 days' Treatment.***—"Feeling greatly benefitted by your system. **It has put more vigour into my life,** feel more able for daily duties."

General Development.

CASE No. 2462B. L.H. Age 25.—***Report after 3 months' Treatment.*** "Since taking your course of instruction I have greatly increased in strength and physical development—my biceps having increased 2 inches and my other muscles proportionately."

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Reprinted from Sir George Newnes' Paper, WOMAN'S LIFE, *February* 13, 1904.

Beauty in Business.

AN INTERESTING CHAT WITH MRS. ADA S. BALLIN.

"PERSONAL appearance is one of the most important elements in business and social success," was a phrase that struck the writer in an article by Mrs. Ada S. Ballin, the well-known authority on health and beauty, and he straightway determined to interview her on the subject on behalf of WOMAN'S LIFE, and consequently called by previous appointment at her residence, 18, Somerset Street, Portman Square.

"I think," said Mrs. Ballin, "that people do not attach sufficient importance to the influence which personal appearance has upon others, and although quite perfectly alive to the fact that when applying for a situation, or endeavouring to get on in society, they should be well and suitably dressed, they do not realize how much personal defects, which in themselves are remediable, may make or mar their career. A striking example of this is the case of a medical man, an M.D. of the London University, who came to me complaining that he was only able to get a practice in a poor part of Wales, because smart people would not employ a doctor, however well qualified, who had a large birthmark on his face. He had been, unsuccessfully, to all the best known skin specialists in London and Paris. I fortunately succeeded in

Mrs. ADA S. BALLIN,
The well-known beauty specialist who gives an interesting account of her work.
Photo by the London Photo Co., Ltd.

ENTIRELY REMOVING THE BIRTH-MARK BY MEANS OF ELECTROLYSIS.

with the result that he has now bought a London practice and is doing well. In another case a schoolmaster, who had a mole on the tip of his nose, told me that the boys staring at this made him so nervous that he was almost unable to pursue his profession, and he left me feeling very happy at the removal of the obnoxious mark. In the case of women, of course, birthmarks and similar disfigurements are often a hindrance to marriage, and I have known many people afflicted in this way who, after I had cured them, made excellent marriages. This was particularly the case with three or four women who had been troubled with such pronounced beards that even if they had shaved they would have been afraid to let a man kiss them for fear of his finding it out, but who are now all happily married and rejoicing in the fact that science had found a means of curing so awful a disfigurement.

"Eyebrows which meet across the forehead are generally considered a sign of bad temper, and it is wonderful how much the expression of the face is improved, when, by the removal of the offending hairs, the eyebrows are trimmed to proper shape. But perhaps worst of all, as damaging to the reputation and preventing the possibility of getting good employment, is a

RED NOSE,

which is supposed to be so characteristic of the tippler, although the redness frequently arises from quite other causes. This trouble can usually be cured by attention to general health, and by the local use of suitable lotions, the most prominent of the red veins showing on the nose being removed by electrolysis. Curiously enough, the worst cases I have treated have been those of strict teetotallers, and I have

RECENTLY HAD AS A PATIENT A TEMPERANCE LECTURER

who told me that every time he was talking to drunkards he felt that they were inwardly convinced that he would go home and drink a dram quietly by himself. Another case was that of a lady, a prison visitor and total abstainer, who wrote to me after treatment, 'You can hardly understand the relief I feel, as I can now go about my duties without being afraid that those I am trying to convert are inwardly suspicious of my own character.' I had rather a funny experience as regards this trouble in the case of a gentleman whom I was treating for redness of the nose, and, in giving a dietary list, told him that he must not take sugar. 'That will be for me to set a bad example,' he said, 'for, as it happens, I am a West Indian sugar planter!'

"The fact that there are many who recognize that, although of no importance as regards general health, personal defects of the kind described are of great importance as regards personal happiness, is shown by my having patients come to me from parts of the world so far afield as South Africa, New Zealand, and the wilds of Canada. Much may be done to remedy even the most hideous defects, and where there are no such serious troubles, by giving time and attention to the care of the personal appearance, keeping the skin healthy, the hands white, and the nails well trimmed, every man and woman may do much to improve his or her chances both of business and social success."

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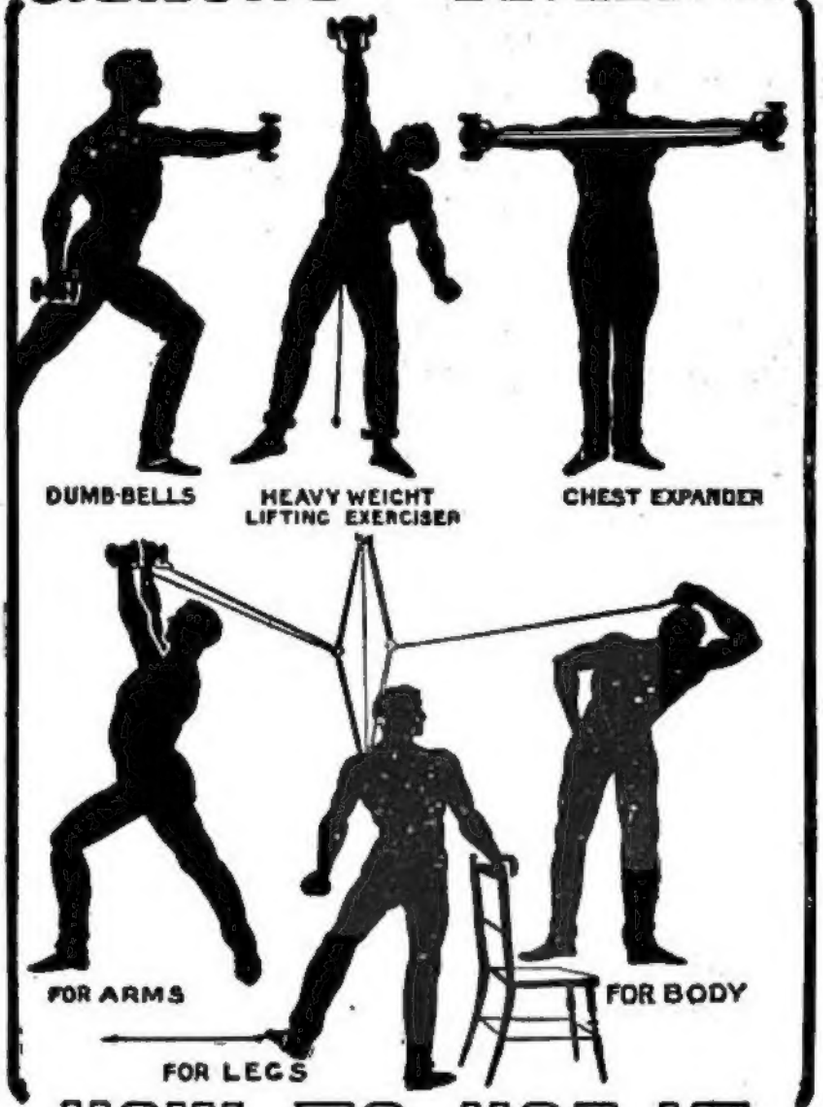

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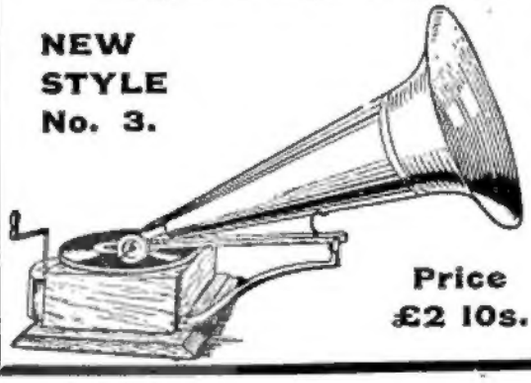

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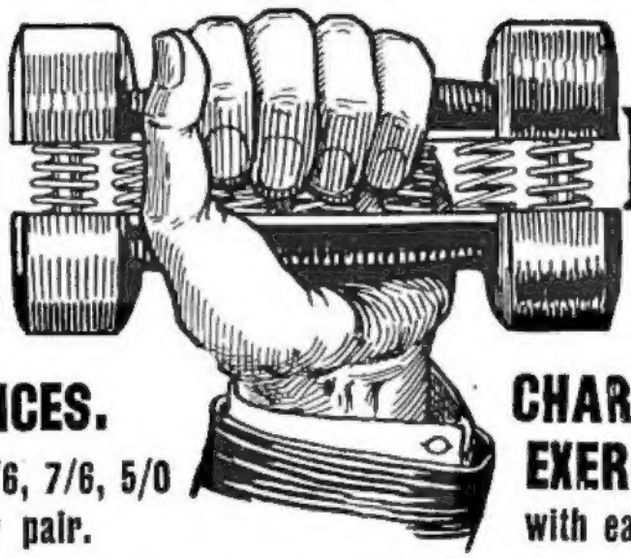

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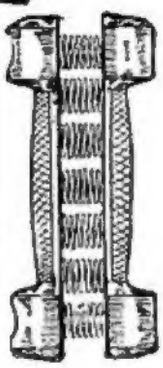

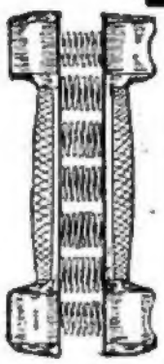

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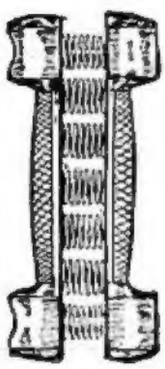

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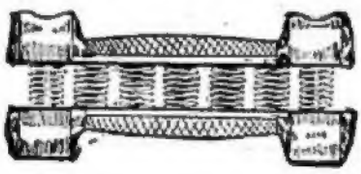

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MONTHLY 6d.

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TO OUR READERS.

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EDITOR'S AND PUBLISHER'S NOTES.

NOTICE TO CONTRIBUTORS *The Editor will at all times be glad to consider articles, stories and sketches addressed to him at* 131, *Temple Chambers, Temple Avenue, E.C., but in order to avoid waste of time, contributors would do well to submit suggestions for his approval before sending in their work. In no case can the Editor be responsible for the safety of unsolicited sketches and literary matter, but where stamps are enclosed he will do his best to secure their return if unsuitable. When Plates are to be returned, contributors should state so clearly on the back of each.*

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Madame CLAIRE HELIOT AND HER FAVOURITE LION.

A dangerous experiment.

(*See* "Physique at the Hippodrome.")

[W. A. Mansell & Co., Photo.]

FOUNTAIN OF LOVE. (*Fragonard.*)

OF

PHYSICAL CULTURE, SPORT, AND FICTION.

VOL. XII. *MAY*, 1904. No. 71.

A Census of Physique.

THE statement that the committee which is undertaking the enquiry into our national physique contemplates the proposal of a census of measurement of the population of the British Isles has raised a large amount of controversy. One daily paper goes so far as to state that the scheme is actually in preparation, and that a schedule based upon measurements and tests prepared by Dr. Cunningham, of the Edinburgh University, is now being drawn up by a section of the British Association.

A copy of this schedule, it is suggested, should be sent to every householder with a request that he state therein the age, height, weight, chest measurement, and other facts respecting the physical condition of himself and each member of his family.

Furthermore, it is proposed to establish in every important centre of population a bureau where men and women of all ages will be encouraged to present themselves for measurement by male and female enumerators.

Interviewed on the subject, a member of the committee stated that many difficulties beset them. There is no precedent for their guidance, for an anthropometric survey on like extensive lines has never been previously undertaken in Europe. Statistics thus obtained would be, however, of immense value in future comparisons. As regards present practical use, explained the authority, the survey would demonstrate whether the physique of, say, Leeds residents was superior to that of residents in Manchester. Then

local authorities could investigate and, if possible, remedy the causes contributing to the inferiority.

No great difficulty is apprehended in registering the height and weight of pupils in the elementary schools, the recruits for the Navy and Army, members of the Civil Service and Government employés of all classes. Medical officers retained by private companies employing large numbers of men are understood to be desirous of assisting the committee by measuring the workmen under their care. The same duty would be performed by the doctors who periodically visit the factories and other works in manufacturing centres.

One difficulty which has presented itself to the committee has reference to obtaining the measurements of girls in a higher social sphere than those employed in mills or shops, but the hope has not been abandoned that in the interest of science and the public well-being they would supply privately the required information.

Anthropologists are anxious that the measurements should include those of the skull. They argue that as the population of these islands has become so cosmopolitan, an effort should be made to determine the native counties of its constituent members. Skilled anthropologists can tell from the conformation of a man's head not only of what nationality he is, but in the case of an Englishman what county gave him birth.

Mr. James Gray, of the Anthropological Institute, who is taking an active part in the present scheme, recently addressed a meeting at the Toynbee Hall. His audience included a large number of foreigners, whose heads he measured with an instrument invented by himself. Mr. Gray then correctly informed fifty of them in what countries they were born.

For these and other reasons anthropologists urge that the size and shape of heads should be noted when the other proposed measurements are taken.

This, it need hardly be pointed out, is yet another step in the direction of my proposed scheme of National Physical Education. When before the members of the Royal Commission on Physical Training (Scotland), I laid great stress on the importance of measurements and figures to work upon, these having been the ground work of my own system, which has proved so satisfactory. To enable us to get at the root of this evil of deterioration such a scheme as that proposed would be of incalculable use, and it is to be hoped that when the time comes Parliament will do all in its power to give effect to some such scheme.

Of course, there are a great many difficulties in the way of obtaining such anthropometric census, and one paper goes so far as to jest upon the matter. The journal in question at once decides that it is foredoomed to failure, for was there ever a man yet that did not lie about his chest measurement? The gentleman who wrote such trash must have been an angler, and judged everyone by his own standard! Naturally it will only be by the co-operation of all concerned that even a measure of success can be assured.

Another journal flouts the idea as absurd, on the ground that even if the public duly responded it would yield such a mass of figures that the staff required to deal with them would be prodigious and the expense alarming. Moreover, it states the statistics would be unmanageable, and goes on to say: "If a project of the sort be entertained, it will prove to be much more modest than a census, no doubt. But, in truth, any scheme for measuring the people would cost so much money, if carried out upon a scale to give valuable results, that we must fear the Government of the day, whether Conservative or Liberal, would decline to sanction it. And private enterprise could do nothing effective, if it dealt with the nation at large."

But, surely, if such a scheme could prove beneficial to the nation, and of that there can be no doubt, any money expended on the project would be money well spent, and why it should prove to be "more modest than a

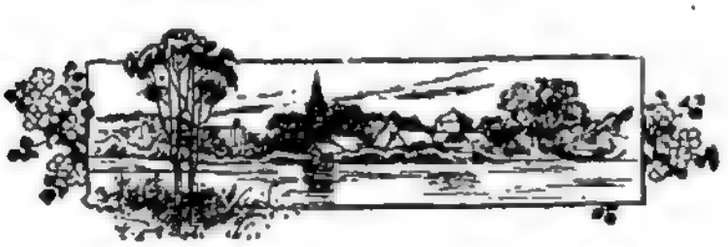
census," I fail to see. The figures adduced by the ten-yearly census are of immense value, and the particulars which could be added to them, showing the growth of the nation physically, as well as numerically, would be of still greater moment, for they would supply the statistics necessary to show where the evils and ravages of physical deterioration are most marked, and thus make it possible for steps to be taken to remedy a great national evil.

For my part, if it were possible, I should like the system of measurement carried out in much more complete style than is even at present mooted—that is, so far as the younger generation is concerned. Indeed, I take it, that providing some system of national physical culture is adopted, as the outcome of these exhaustive Commissions, that measurements will become an absolute necessity. But, apart from that, the knowledge of the improvement or deterioration in the physique of the inhabitants of the British Islands, could not help but, as I said before, prove of incalculable value.

The great use of such figures has been proved beyond measure in various ways; for instance, we already have reliable statistics in connection with recruits for the Army, and it was mainly through these figures that the very urgent need of improvement in the physique of certain classes was discovered. I have frequently drawn attention to this falling-off in the physique of recruits, and suggested what to my mind is the only remedy, and which I do not think it necessary to recapitulate here.

Figures have been said to be "emotional things," or in other words, that they vary in accordance with the feelings of those responsible for the compilation. This may, perhaps, be true to an extent, but without them modern science would be a matter of impossibility, for legislator and economist must depend on figures to arrive at those great generalisations which determine national policy and are the basis of all rational laws

Eugen Sandow



W. A. Mansell & Co., Photo.]

THE JUDGMENT OF PARIS. (*Rubens.*)

Physical Beauty in Art.

By C. LANG NEIL.

V.

SOME months ago I attended a sale of pictures held in Paris. Among the collection were a number of very old paintings by minor German artists. I was attracted for a certain reason to one of these works of art—a classical subject—and was studying intently the really clever portrayal of a nude male figure.

It happened that a friend of mine—a doctor—was in the room at the time, and seeing my interest in this particular picture, came over to my side. I turned to him and said, "I suppose you doctors, in addition to finding faults with novelists, can now and again smile at a painter's errors." The reply surprised me. "Not very often," said my friend.

Pointing to the man's figure before me, I

said, "Tell me, is there anything wrong with that?"

"Oh, yes, there is one glaring error," he replied. "We do not see such perfect formation as that in human beings. I admire he painter for his mistake. He may teach a lesson to mankind." The picture did not fall to my lot, and the artist's name I have forgotten.

Neuerdein Freres, Photo.]

CONSULTING THE ORACLE. (*Ingree.*)

German painters have by some been blamed for what is termed their slavish following of the old masters. The student is likely to make a mistake in this matter. The critics referred to do not blame the more or less modern artists for still choosing Biblical or classical subjects for their pictures; the critics find fault with the rather appalling "sameness of treatment" of these subjects. The critic is not born yet who has blamed man for studying man. "Man's chief object of interest is man," said the German philosopher. Whether this is so or not to-day I cannot pretend to say. I am confident that it should be somewhere near the truth. Such a doctrine may at first sound selfish, but a little thought will prove that Teufelsdröck's maxim was the reverse.

Dante Gabriel Rossetti, the most earnest of the Pre-Raphaelite Brotherhood, has done the most to encourage the love of the beautiful and the perfect. Abused, insulted, and greatly misunderstood, he stuck to the high ideals he had formed, and, if everything else be denied, it must be allowed that he was in earnest.

MERCURY. (*Giovanni.*)

It is not my intention here to discuss the Pre-Raphaelite movement—it suffices to know that in their more or less sweeping reforms, the Brotherhood did not attempt to deny that men and women were the chief instruments of conveying moral instruction to the people.

Mr. Percy Bate, to whose valuable work on "The English Pre-Raphaelite Painters" I am much indebted, speaking of Rossetti's art (the second period), says: "The artist ceased somewhat to tell a story by means of a dramatic group; he rather used a single female figure and its accessories as symbolic of an abstract idea or theme or personification of some intellectual conception; or else he simply painted beauty for beauty's sake—a lovely form bedecked with all the rich adornments his vivid fancy revelled in."

Further on Mr. Bate says: "Depth of tone and chiaroscuro he did not aim at; but his flesh painting in this middle period of his work is excellent, displaying a certain bloom and beauty, together with much delicate modelling."

To further show Rossetti's desire for perfect loveliness — or rather beautiful perfection—I must borrow again from Mr. Bate. This talented critic says: "Spiritually he was a devotee of beauty, and supreme beauty he rightly found and fashioned . . . . he originated a new ideal loveliness, a type that appeals at once to the beholder's sensuous joy in beauty and his intellectual apprehension of a soul behind the mask. Lovely faces he depicted overshadowed by a cloud of dusky hair, sweet carved lips for a conqueror's kiss; all the body's beauty that his artist's mind conceived he strove to depict."

The "beauty" referred to by Mr. Bate is not purely facial beauty—it is general physical beauty, with the exception perhaps of his peculiar type of neck. Take any of Rossetti's pictures, and in nearly all his figures will be seen a latent strength that makes us realise the artist is depicting life from life itself.

It is difficult to say which is the best known of Rossetti's pictures; "Beata Beatrix" perhaps holds the premier position.

Mr. Bate ranges "The Beloved" as "most typical of the highest achievements of Rossetti's genius."

Rossetti's careful attention to detail is particularly marked in such pictures as "La Bella Mano," "Paolo and Francesca," and "The Bride, or the Beloved," mentioned above.

Among his works portraying human perfection may be counted "Venus Verticordia," "The Day Dream," and "Lady Lilith." In many of Rossetti's pictures the physical beauty of the body is rather more "hinted at" than actually displayed. This is particularly the case with "Lady Lilith." The "tower-like" neck, the beautiful, firm shoulders and deep chest all imply an actual perfection of the body concealed from view.

To discuss Rossetti and his work more fully is impossible within the space allotted to these articles; but in leaving this great artist it is only to turn to a man who worshipped him as the most wonderful human being on earth.

Sir Edward Burne-Jones, when quite young, fell under the strange and subtle influence of Rossetti. It is said that Burne-Jones "stood in ecstasy before [a work of Rossetti's and bowed himself before him (the artist)." I have quoted Malcolm Bell's expression, slightly amended, from his "Miniature Life of Burne-Jones" (Bell & Sons).

Considering that Rossetti was responsible for Burne-Jones's education in art, it is not surprising to find his influence and characteristic traits predominating in the earlier works

Neuerdein Freres, Photo.]

GRIEF. (*Flandrin.*)

Neuerdein Freres, Photo.

THE THREE GRACES. (*Boucher.*)

Neuerdein Freres, Photo.]

VENUS AND VULCAN.

of the "admiring student." To a certain extent this influence wore off in time, and, in fact, in some of Burne-Jones's latest works is hardly noticeable at all.

Malcolm Bell proves the inaccuracy of certain statements made in accusation of this artist's work. "Two strange errors have obscured the minds of some of his really critical assessors," says our authority. "Firstly, the conviction that his art is not the outcome or even a generalization of nature. It is a frequent assumption that he painted 'out of his head,' without considering or observing nature. . . . Studies which have been published of late years show with what minute particularity, what staunch fidelity, he followed nature. Hands and faces, feet and figures . . . . the folds and creases of a baby's limbs were all pains-takingly noted and set down.

"No painter went more constantly or reverently to nature. . . . He used nature — not abused her." With the second error we have nothing to do, at least in this article.

DAVID. (*G. Donatello.*)

Speaking of Burne-Jones's men and women, Malcolm Bell says: "'A manner ease, medled with grevaunce,' is the frame of mind of almost all his men and maidens. In the lovely girls clustered around the Venus mirror we find it, and still more in the knight and the lady in the 'Chant d'Amour' and the pensive princess in 'Laus Veneris.'"

Of "Laus Veneris," Mr. Percy Bate says: "Characteristic of Burne-Jones's art is the sumptuous 'Laus Veneris,' which depicts a royally beautiful woman, attired in marvellous flamed-coloured robes, who reclines, pale and weary in the ecstasy of her love-sickness, in a chamber hung with tapestries wrought in green and blue and gold. Her handmaidens . . . . sing the praise of Venus, Queen of Love . . . . while outside, five knights rein in their horses, regarding with eager eyes the wan queen and listening to the damsels' song."

The figures of the group are all exquisitely proportioned, combining with physical beauty the grace and gentleness desired by the artist.

In "King Cophetua and the Beggar Maid" we have a very fine study of womanly beauty in addition to a splendid picture. As can be said of all Burne-Jones's women, the Beggar Maid is "tall and stately." The arms are beautiful, and the lower limbs, partly concealed, suggest strength and perfect formation. The shoulders are, if anything, rather narrow, and the chest, owing to the sitting position, is rather bent in, giving an idea of weakness. As regards the face, I need only say it is a "Burne-Jones" face to convey to my reader an idea of otherwise undefinable beauty.

The picture entitled "Temperantia" affords another specimen of wondrous womanhood. This is an allegorical work

Neurdein Freres, Photo.]

VENUS AND MARS. (*Boucher.*)

showing a stately woman pouring water from a jar on to the flames which are powerless to harm her own bare feet. The moral is too obvious to need explanation or comment.

Here, indeed, is the typical Burne-Jones woman. In addition to beauty of stature we have a tasteful and accurate proportioning of parts; over all is that calm dignity and grace inseparable from the work of this artist.

Much as I should like to continue writing of the work of this Pre-Raphaelite, I find I must hurry on.

Frederick Shiels, the next artist on my list, was not in the ordinary sense of the word a Pre-Raphaelite, but he held all the greater ideals of the Brotherhood together with perhaps purer ideals of his own. Of this man it has been said that "he is an artist in every nerve; but he is much more." Perhaps it was this "much more" that prevented Shiels from joining the ranks of the vigorous and self-asserting Brotherhood. Certain it is that this artist's unassuming manner, together with his wonderful genius has placed him— as an artist —far above the men of his time.

BACCHUS. (*J. Sansovino.*)

Unfortunately, Shiels's work is not to be seen in many public places. Most of his best specimens hang in private houses. There is, however, in "The Chapel of Rest," Bayswater Road, some work of his that will serve to show how great an artist this man really was, although in the true sense of the word "unpopular."

It is impossible here to describe more than one or two of Shiels's works. First or all I will take "Jonah." In this picture the prophet, in the artist's own words, "appears as rising out of the jaws of the sea monster, which, turned upon its back, its life-blood gurgling from its nostrils, dies in the disgorgement of its prey even as its great anti-type Christ Jesus, by submitting to be swallowed up, of death, destroyed 'him that had the power of death that is, the devil.'"

As Jonah appears here, he is a man of great muscular strength. The uplifted arms show muscles standing out firmly from the body. The lower limbs give one the idea of great power, and the body is all that could be desired of a painting of Hercules. The figure as it stands gives an impression of great height, an effect that is added to by the upraised arms.

In spite of the splendid physical development of the man, there is a dignity and nobleness portrayed by the artist that reminds us that he is depicting "a prophet of the Lord."

Shiels's excellent work in glass and mosaic, "The Triumph of Faith," is perhaps one of the artist's best efforts. Unfortunately this work, or series of works, is confined to a private chapel, and the general public are thus denied the sight of "perfect art." Shiels, however, did not care for publicity, he was content, says Mr. Bate, "to do his life's work in the quietest and most

unassuming manner, so that few people know what the extent of that work is."

Another artist of this period, not a Pre-Raphaelite, was Lord Leighton. Mr. G. C. Williamson says: "He was friendly with the leaders of the Pre-Raphaelite movement . . . but its productions never attracted him to any great extent, and plastic form and perfection of grace had much more charm for him than accuracy of treatment or allegorical symbolism."

Lord Leighton will ever stand before the world as one of the most perfect portrayers of the human form. His knowledge of the human figure was such that in all his works not a false position or wrong proportion can be found.

In addition to being a painter, Leighton was a sculptor of no mean order. Says Mr. Williamson, "As a sculptor, he was first known to the public in 1877, when he exhibited his 'Athlete Struggling with a Python.' It was then realized that Leighton had been born as a sculptor, and that it was the knowledge which he had of plastic form, the power of rendering in the round the strength of limb or the pose of grace which enabled him to present to his subject pictures

W. A. Mansell & Co., Photo.]

BACCHUS AND ARIADNE. (*Vecellio.*)

that solidity of appearance which the figures possess in so marked a degree."

The sculpture mentioned in this quotation is truly a marvellous piece of work, portraying as it does the figure of a perfect athlete. Each muscle of the body requisite in the struggle is brought into prominence and stands, it seems, so living is the marble, straining under the task put upon it.

It is said that only Leighton's love of colour prevented him from being a sculptor, but every figure on his mighty canvases shows this. In spite of the flat surface every body seems to take a roundness and life-like aspect like the bas-relief efforts of a worker in stone.

"Leighton," says Mr. Williamson in his Miniature Life (Bell and Sons), "was one of the very few men who was able to draw drapery well." This is not to be wondered at when one remembers what a lot of time and trouble was taken over each picture. Take such a work as "Fatidica." For such a picture as this a rough sketch of the general idea would first be made, then there would be an accurate posing of the nude model, then another sketch of the figure draped.

Another sketch in colours generally followed this, and finally the work was started. No wonder Leighton's efforts succeeded when so much careful preparation was gone through before a subject was ready even for painting.

There is in the Victoria and Albert Museum a fresco that can perhaps more than anything else serve to illustrate the work of this artist. It is called "The Arts of Peace," and probably has been the object of many of my readers' admiration.

Gazing on this picture, one is struck firstly by the quantity of figures portrayed, and secondly by their splendid physical qualities. The men on the extreme right and left are wonderful specimens of the male form—especially may be mentioned the figure in the boat. Every limb and every muscle is true to life and could be faithfully compared with any well-trained athlete.

(*To be concluded.*)

THE CLIMBERS. (*Michael Angelo.*)
Portion of the picture of "The battle of Pisa."

Degeneracy in Sport.

OUR contemporary magazines have of late been discussing freely the question as to whether sport in this country has fallen from its high estate in relation to the true meaning of the word "sport," and whether the invasion of professionalism has not been the cause of such decadence. A writer in the *Spectator* is very decided on the subject, and maintains that during the past fifty years there has been a great change for the worse in the spirit in which the great English games and open-air sports are carried on.

Fifty or sixty years ago what is now called "first-class" cricket was a pastime. Matches were got up and played much in the same casual happy spirit as that in which a game of billiards is played in a country house after dinner. It did not matter very much, so far at all events as money was concerned, which side won; the thing was to get a game and to play the game hard.

To-day all first-class cricket is pure business. County cricket is a competition between purses. The county which is sufficiently fortunately placed in the matter of a long purse to be able to command the services of the best professionals and the best so-called amateurs is able to attract to its matches the largest number of sightseers, each of whom pays sixpence or a shilling at the gate for the privilege of watching the game.

With football, he says, it is the same. Years gone by, amateur football clubs were in the majority, a large proportion being old-boy teams, representing the various public schools, who played matches against each other with no thought of gain or reward. But now, the few amateur clubs that have survived find a great difficulty in arranging fixtures at all, for professional football, under Association rules at least, has ousted them from the field. The writer lays great stress on the fact, which has always been insisted on in these columns, that nowadays it is all a question of money. He says that the playing of football is confined almost entirely to professional elevens, the members of which are bought to play for this or that club with respect solely to their physical capabilities.

Nobody cares whether the men who play for a Northern football club were born or live in the North; nobody minds whether the professionals who represent a South of England club are natives of Scotland, or Wales, or Ireland. The great thing is to provide a spectacle which men will pay money to see. Nothing else matters—not, at all events, to the promoters of the football club or to the sightseers.

As bearing out this, the following sentences from an article which appeared in the September, 1902, issue of this magazine will bear out our contention:

"The team which represents, say Blackburn Rovers, one year may be entirely disbanded the next; or, even worse, the same course may be adopted in a week by the transfer system, and a new combination gathered from the four corners of the United Kingdom, and yet this team still represents Blackburn, which, probably, has not provided a single player, and thousands will flock each week to see 'our team' play, and will scan with anxious eyes the various football editions to see how their nearest rivals have fared. There is no denying the fact that football has served an excellent purpose, especially in the large manufacturing districts, where it has helped considerably to improve the working classes in a moral sense; but, to my mind, professional football can scarcely be called a game, but a smart gymnastic performance in which twenty-two highly trained

athletes give exhibitions of their adroitness in the arena, much as the professional gymnast gives his performance in the circus-ring. Of course, the professional plays to win, but not from love of sport, as does the amateur, but from purely a monetary standpoint. It is to his advantage to give a good show, and the better he and his comrades perform so much the better do they fare; for a team at the top of the tree, say in the League, or winners of the Football Association Cup, are fêted, and for the time being the beheld of all beholders."

The writer is also very severe on the recent wrestling craze, and says, with some justification we think, that the general public seem to be yielding to a passion for sight-seeing as unmanly as that which allowed the nobles of Rome to regard hired gladiators—men whose profession was to kill or to die for show—much in the same light as racing men to-day regard horses. There is no doubt that there is a good deal of truth in this contention; there are a large number of people whose ideas of sport are most primitive, and who go, not as connoisseurs—that is, to take an interest in sport for sport's sake—but to gloat over the brutal side of the exhibition. One has only to go to a boxing or a wrestling match to see the truth of this argument. Both sports, in themselves, as a means of recreation, are really excellent, in fact, no finer could possibly be devised. But is it with this end in view that the majority of spectators pay to witness the contest between professionals? We venture to think not, and therefore, to a large extent his contention is right. But he goes still further, and taxes very strongly exhibitions of physical skill and daring, of which the spectacle may be just as demoralising as the presenting of an ugly drama, and he says also that although there exists a Lord Chamberlain to exercise a sometimes rather ridiculous censorship over theatrical plays presented in public, there is no censorship of such exhibitions.

For what is the frame of mind of those who are excited and pleased by such exhibitions as "looping the loop" or "flying the flume," or the dive from an enormous height into a tiny tank, or, to go back many years, the walking of a tight rope stretched over Niagara? There is only one motive force which is at the bottom of all the interest which is taken: and that has to do with the amount of risk to limb and life which is run by the performer.

Would crowds be drawn to a public place to watch a wheel swung round a circle—merely a demonstration of the law of centrifugal tendency—if no risk of human life were involved? Would twenty people gather together to see a ten-stone doll thrown out from a balloon attached to a parachute? Would Blondin have attracted thousands to watch him walk on a rope stretched six feet above a floor of pillows?

To each question there is only one answer; but of all the exhibitions of human endurance and skill, involving the possibility of physical pain inflicted on one of the exhibitors, perhaps the wrestling match at Olympia, attracting its ten thousand frenzied spectators, is the most striking sign of the growing "cult of the arena" which is noticeable in the evolution of English sport.

A suggested remedy for the prevention of these reckless displays, where life and limb are risked to satisfy the morbid tastes of some, is that it should be considered bad form to look on at such exhibitions, and there should be the same kind of public ostracism of men and women who openly go to see human beings risk their lives for money as there is for those who break other social conventions, such as those, for instance, which involve decency of behaviour in public.

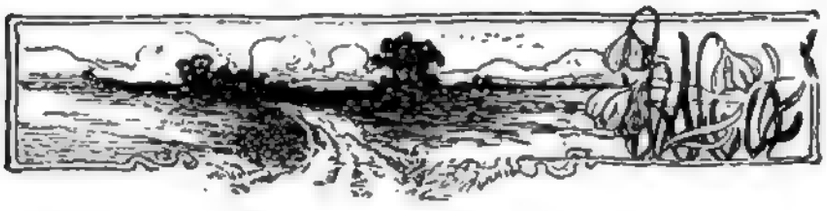
A well-known writer in these columns, Mr. Percy Longhurst, has an article in the current number of the *Badminton Magazine* on the wrestling furore. Mr. Longhurst, as most people know, has recently been instrumental in the formation of an amateur wrestling society, and, as an old amateur champion himself, is a great authority on the matter. He compares the fine old English wrestling at the beginning of the century with the per-

formances of the money-making professionals of foreign origin who invade England periodically, and provoke sufficient interest in their doings to arouse the cry that a revival of the honourable and manly sport of wrestling is taking place.

"If we are to have a genuine revival of wrestling—and it is to our shame that its practice has been allowed to fall into decay—let it come from the people themselves; let it be instituted by the thousands of athletic sport-loving young men in the kingdom; let there be more disposition to indulge in wrestling, not to watch a foreign athlete of abnormal and distorted physique crawl about on hands and knees or turn somersaults on a music-hall stage.

"If once the fine old sport be allowed to fall entirely into the hands of charlatan professors, to become the 'turn' of money-seeking performers at the music-halls, then the sooner it vanishes the better. If the present revival be leading to such an end it is not worthy the countenance of any man who has a genuine regard for sport.

"A sport which is dependent upon the questionable honesty of a very few persons is not worth preserving, but if by any means it be possible to revive in the people a real interest in wrestling, an interest which shall manifest itself in actual participation instead of a feverish desire to see and argue about the respective merits of a few individuals, then this revival is worthy of the support of all who have a belief in the importance of the health and physique of the nation being preserved, and desire that there be no deterioration of those qualities of mind and body for which Englishmen have been distinguished since the beginning of the race."



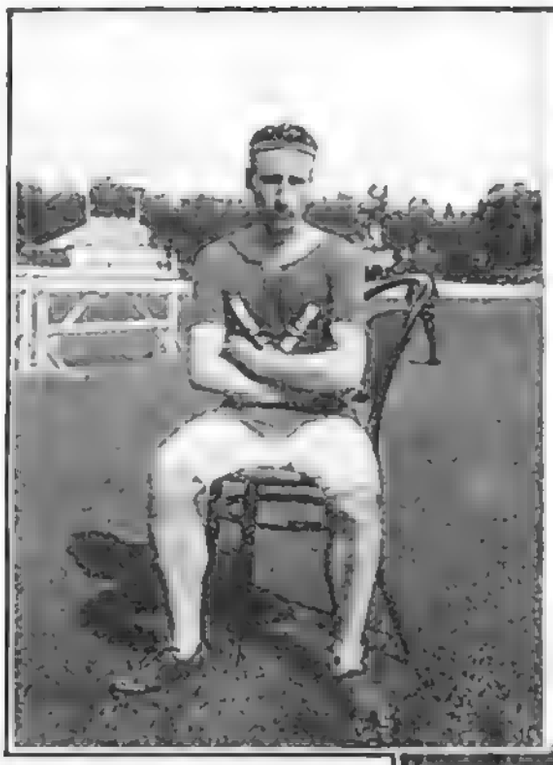
The Australasian Championships of 1904.

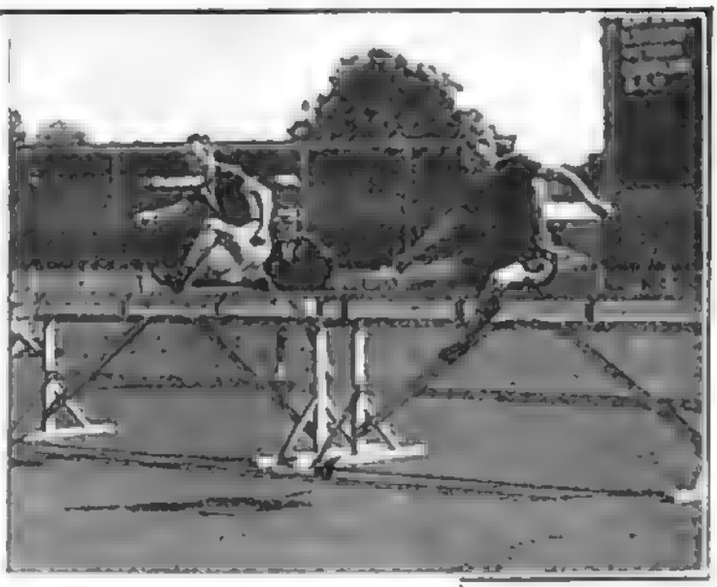
By R. W. E. WILMOT.

A LITTLE more than ten years ago the Amateur Athletic Associations of Victoria, New South Wales, and New Zealand joined in an agreement to hold, biennially, sports meetings, at which the Australasian championships in athletics could be decided. The first meeting was held in Melbourne in 1893, the second in New Zealand in 1896, and the third in Sydney in 1897. Queensland had, by this time, joined in with the other Associations, and the fourth meeting was held in Brisbane in 1899, then came New Zealand in the closing days of 1901, and on January 30th and February 1st of this year the sixth meeting was held in Melbourne. The meetings are run under the control of the Amateur Athletic Union of Australasia, formed by the affiliation of the various Associations. Fifteen championship events are decided, and the State gaining the greatest number of firsts is the champion State.

Thus far I have endeavoured in few words to give the history and show the object of the Australasian championships. I propose now to deal only with the athletic performances in the meeting held in Melbourne early in the present year. That they were excellent my readers will at once see, and that they aroused enthusiasm amongst amateur athletes in Australasia can be gathered from the fact that there is a movement afoot to send some of the cracks to the St. Louis Exposition in a few months' time.

The meeting was held on the Melbourne Cricket Ground, the races being run on a grass track, which, though good, was far from being fast. In dealing with the performances, I will take them in order:—(1) Sprints; (2) Middle distances; (3) Jumps; (4) Field games and other events. Decidedly the best sprinter at the meeting was Nigel C. Barker, of New South Wales, who won the 220 yards in $22\frac{3}{10}$ secs., the 440 yards in $50\frac{1}{2}$ secs. (easily), and after running a dead-heat with H. H. Hunter (Victoria) in the 100 yards in $10\frac{2}{5}$ secs., was only beaten a foot in the run off in $10\frac{1}{5}$ secs. N. C. Barker is 21 years of age, is 5 ft. 8 ins. in height, and weighs about 10 st. 2 lbs. He is a native of Sydney, and champion sprinter of New South Wales and the Sydney University. He is a splendid all-round athlete, for whilst he has several times been clocked to do 100 yards in 10 secs., he has cleared 20 ft. 8 ins. in a long jump, and has won a half-mile in 2 mins. 3 secs. off 20 yards. His run in the quarter mile was a remarkable one. He began at a tremendous pace, and running wide came in a winner by seven yards, tiring at the finish, in the splendid time of $50\frac{1}{2}$ secs. His 220 yards effort was little less remarkable, and beat the previous Victorian record by $\frac{1}{5}$ sec. In the 100 yards he ran two sterling races, but was pitted against a better man over the distance. H. H. Hunter, his closest rival, is a remarkably built man. He was born on November 18, 1881, is 5 ft. 9 ins. high weighs 11 st. 10 lbs., and has most wonderful leg formation. He has won numberless





championships, and, though beaten in the long jump at this meeting, holds the Victorian record at 22 ft. 2 ins. His victory in the 100 yards was due to his pluck and strength at the tape, for in his final rush he hurled himself at the worsted and won. The photograph on page 345 is a remarkable one, showing his shoulder on the tape. He

A. O. Barrett, 1 and 3 Miles Walking Champion.

L. M. Macpherson (V.), G. W. Smith (N.Z.), first and second in 440 Yards Hurdles.

Start of 220 Yards Championship.

W. O'Reilly putting the weight.

H. Sutton (shoe in hand) and G. A. Wheatley, first and second in the 1 and 3 Miles.

did not manage the curve in the 220 yards as well as Barker, and was well beaten. G. W. Smith (New Zealand), A. A. Nicholls (Victoria), and A. Scott (Queensland) also showed good form in the sprints, and, to my mind, Smith was third in the 100 yards, though unplaced by the judges.

The middle distance event of half a mile was a grand struggle, in which H. Sutton (a young doctor) and G. A. Wheatley fought out a great finish. The first quarter was cut out in 55 secs., Sutton taking five seconds longer. The issue was left to Sutton (Victoria), Wheatley (Victoria), and Pollock (New Zealand), and with 80 yards to go Sutton went out after the leader, Wheatley, and, gaining steadily, he won by six inches from Wheatley, with Pollock three yards away. The time, 1 min. 58⅘ secs., creates a new Australasian record. The first four men finished inside standard time, 2 mins. 2 secs. Neither Sutton nor Wheatley knew who had won, and as they stopped they shook hands. Sutton came back to the judges for the verdict, and was told "six inches." "For me!" said he, and on getting an affirmative reply he said, "Poor old Dads; I was hoping it was dead heat!" He had beaten Wheatley on protest in the Victorian championships a fortnight before, and the sportsman was anxious for his rival to get some honours. The mile race was somewhat similar, the places being filled in exactly the same way, Sutton winning in 4 mins. 30⅘ secs. (Victorian record). Sutton is 22 years of age, stands 6 feet, and weighs 12 st. 7 lbs. He is a fine lacrosse player and footballer. Since 1902 he has three times lowered the Victorian mile record, and has also done the half-mile in 1 min. 57⅕ secs. He is not a brilliant runner, but solid and plucky. Wheatley is six months younger, and a most promising runner. Pollock was the unlucky man of the meeting, for in each of his races—440 yards, half-mile, and mile—he was placed, and in each was well within standard time. He has a nice, easy style, and was handicapped by having only arrived the day before the meeting from New Zealand.

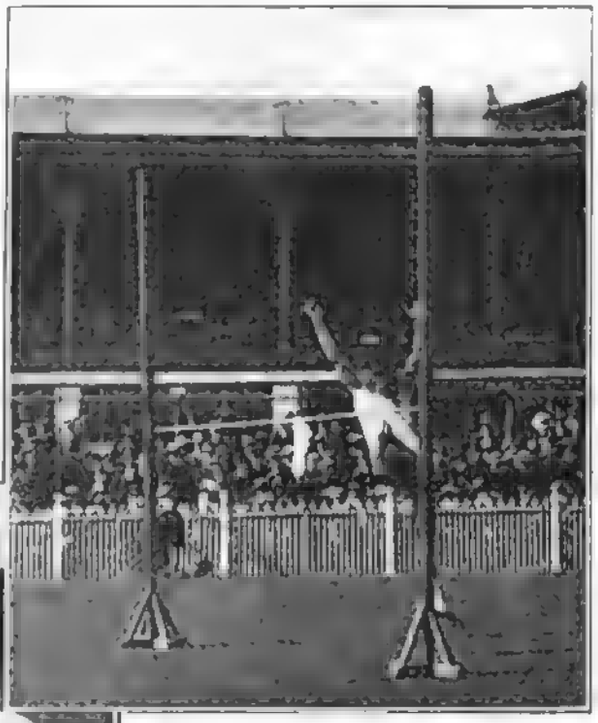
Jumping at this meeting was popular, and G. W. Smith (New Zealand), who won the English 120 yards hurdles championship, won it here in 16⅘ secs. from C. H. Gardner (Victoria). The 440 yards hurdles was a magnificent race, and Smith put up a world's record by doing the distance in 58½ secs. L. M. Macpherson was within two yards of him, and both men were loudly cheered. Smith is a beautiful hurdler, and he was as fit as it was possible for a man to be. Gardner (Victoria) ran him close in the sprint hurdles, and Macpherson (Victoria) ran the race of his life over the longer distance. The high jumping was not good, the state of the ground being against it, J. English (New South Wales) winning at 5 ft. 7 ins. C. C. Laurie (New Zealand) and M. J. Francis (Victoria) tied at 5 ft. 6 ins. for second place, and at the jump off cleared 5 ft. 7½ ins., and again tied. In the pole vault C. C. Laurie (New Zealand) won at 10 ft. 3 ins., and in the long jump H. McL. Duigan won with a jump of 21 ft. 9 ins.

W. O'Reilley, a police constable from New South Wales, won putting the weight (16 lbs.) with a put of 39 ft. 2¾ ins., much below his best put of 44 ft. 3 ins. At throwing the hammer he did 130 ft. 1 in., also much below his record of 151 ft. 1 in. In walking A. O. Barrett (Victoria), a veteran, won the one mile in 6 mins. 43⅘ secs., and the three miles in 22 mins. 53⅗ secs. He was never pressed, winning with great ease. The other event, the three miles running, was robbed of much of its interest by reason of the absence of W. F. Simpson, the New Zealand champion, who had to retire owing to ill-health. He was vaccinated nine days before the race, and though he pluckily started with his arm in a sling, he could not keep going, and stopped after running three-quarters of a mile. R. A. Ferguson (Victoria) won easily in 15 mins 30 secs. Simpson's record is 14 mins. 49 secs.

The result of the Inter-State contest was—

Victoria, 7 wins	...	1
New South Wales, 5 wins	...	2
New Zealand, 3 wins	...	3
Queensland, 0 wins	. .	—

Taken all round the performances were of a high standard, and worthy of the occasion. In all, one world's record, two Australasian records, and eight Victorian records were beaten, and no less than 28 performers beat standard time or distance. The standards were fixed the same as the English, so that a good estimate can be formed of the performances. The meeting was well managed, and the company enthusiastic.



Finish of the Half-mile, H. Sutton, 1; G. A. Wheatley, 2.
Run-off of 100 Yards Championship, H. H. Hunter, 1; N. C. Barker, 2.
C. C. Laurie pole-vaulting.

J. M. English, winner of the High Jump.
C. C. Laurie pole-vaulting.

The Cricket Season of 1904.

By F. NEVILLE PIGGOTT.

BY the time this *résumé* reaches my readers, the season of 1904, although not in full swing, will have entered on its four months' tenancy of public interest. In a few days football will have been forgotten, and what it is sincerely to be hoped will prove a more successful season, financially, will be before us.

As has been the case for some years past, the "close season" has proved a lively one, so far as controversy is concerned. It is during this period that the possibilities of improving the game are discussed, and of late schemes of all sorts have been considered by the ruling body. This time the authorities have had before them the proposal of a supplementary county competition, on the same lines as the contest for the Football Association Challenge Cup, *i.e.*, the "knock-out" principle. This emanated from Mr. C. B. Fry, and at one time it looked as if his suggestions would be adopted by the majority of the counties and become an accomplished fact this season, but it was eventually found impracticable for the present, and has therefore to await resuscitation. The general opinion amongst the leading counties seems to be that their programme is already heavy enough, but those whose list of fixtures is not so heavy would apparently welcome a means of further increasing their income, and it is quite possible we shall find some such competition in existence ere long. The representatives of the minor counties went another step forward in their endeavour to secure more prominence, and attempted to get the county championship remodelled so that the whole of the counties should be divided into three divisions, and that each year there should be means of promotion, or otherwise, in the same way that the first two clubs in the Second Division of the Football League depose the last two in the First Division. This, however, I fear is hardly likely to become an accomplished fact, for there are many obstacles in the way.

Another suggestion for the improvement of the game is the appointment of an advisory committee drawn from the counties to co-operate with the M.C.C., and this appears to have met with so much favour that it is almost certain to be adopted. It is rather significant that, probably as the result of the success of the bowlers on last season's wet wickets, there has been no mention of any alteration in the width of the wickets or the law of "l.b.w."

In addition to all these matters, cricketers at home have had plenty of "food for reflection" in the shape of the doings of our representatives in Australia, from whence the team led by Mr. P. F. Warner has returned covered with glory and the "ashes."

Although we shall not be visited this season by our cousins from "down under," still the programme, notwithstanding its curtailment by reason of the abandonment of the visit of an Indian team, promises to be an interesting one. We are to have a visit from another South African combination, for whom a most pretentious programme has been arranged by Lord Hawke. The present visit is not likely to bring about the same amount of adverse controversy as the previous tour, which it will be remembered took place during the progress of hostilities in South

Africa. The side, which will be captained by the old Cantab and Yorkshire cricketer, Mr. Frank Mitchell, who for some years past has been located in Johannesburg, contains seven of those who came over in 1901, and two who were members of the first team, which visited these shores in 1894. Six of the side are new to this country in the capacity of cricketers from the Colonies, but one name, Mr. R. O. Schwarz, will be recognised as the old Cambridge University Rugby footballer and Middlesex cricketer.

Of the fifteen counties which are again represented in the first class championship, the first to claim attention is Middlesex, who last year succeeded in wresting from Yorkshire the leadership which the White Rose had held for three successive seasons. The Metropolitans, however, will be fortunate if they succeed in retaining the championship this season; indeed, such an eventuality is most improbable. Mr. G. McGregor will have at his command most, if not all, of those who did so well for the county last season, including Mr. B. J. T. Bosanquet, who has returned from the Antipodes loaded with honours, and whose performances at Lord's will be looked forward to with not a little interest, for despite adverse opinions in some quarters, in others the old Oxonian is looked upon as one of the best all-round men of the day.

The neighbouring county, Surrey, in common with several others, is to experience a change in captaincy, Mr. D. L. A. Jephson finding that business makes too many claims upon him. Up to the time of writing, nothing definite has been settled as to his successor, although rumour has been very busy, Lord Dalmeny, Mr. L. Walker, and Mr. E. M. Dowson all having been mentioned as probable leaders, but no doubt something will have been officially announced before these lines appear in print, as on the 29th April the county opens its programme with a match against London County. It has been stated that Bobby Abel has so improved in health, and his eyesight is so much better, that he may be expected to once more figure regularly in the team, an announcement which I am sure will be gratifying to the thousands of admirers of the Guv'nor. The county will have the assistance of plenty of good amateur talent, but it would appear to be somewhat spasmodic—and this to my mind tends to have a deterrent effect on a side—for, as in every other branch of sport, "unity is strength," and unless the members of a cricket team understand each other thoroughly, they cannot be expected to do themselves or their county justice. It is this unity which has stood Yorkshire in good stead for so many seasons. E. E. Dowson may be unable to assist the county until late in the season, as he is engaged in business in Glasgow, where he has been residing for some time. The bowling strength of Surrey was very mediocre last year, and they had to be content with eleventh place in the table. May they give a better account of themselves this season, and once more rise to the high level of excellency for which they have become famous.

At one time it was just on the cards that this season would see no Essex team figuring in the championship, for the little county, after battling bravely against adverse conditions, found itself in such a bad position, financially, that the members were called together to decide what it should be. There was a ready response to an appeal for £1,500 to release the club from debt, and it is to be hoped that patrons of the national game will rally round their county and support the club by every means in their power. Here, too, there is a change of captaincy, Mr. C. J. Kortright having resigned, and, as with Surrey, up to the time of writing nothing had been definitely settled as to his successor. Every endeavour is to be made to keep the expenses as low as possible, and it was the result of curtailment which has caused unpleasantness to occur between the club and Walter Mead, who has been such a tower of strength to the club, and it is to be trusted will be seen again assisting his county this season.

In common with Surrey and Yorkshire, the County Palatine has the full programme of twenty-eight championship matches to get through in addition to a game with the South Africans. Mr. A. C. MacLaren will again lead the team, but has resigned his paid office. Very little change will take place in the eleven from last year, as I am informed that Barnes, whose absence will be severely felt, and S. Webb are the only likely absentees. New Colonial blood, however, will be available, as Mr. L. O. S. Poidevin, the Australian, who did well for London County last year, is now qualified by residence, and Kermode's term of probation expires in June. Early in July a new departure is to be tried in the shape of a cricket week at Blackpool, which should prove a popular innovation.

Taking Yorkshire next, the representatives of the White Rose are sure to make a determined effort to regain their lost honours. They have a very heavy programme to get through, as, in addition to home-and-home matches with the other fourteen counties, they meet the South Africans twice, and the M.C.C. twice, besides Oxford and Cambridge Universities. Lord Hawke will have the advantage of being able to take with him into the field the same team as did duty last season, and in addition, Mr. T. L. Taylor, who has returned to England, may occasionally assist, and Mr. Frank Mitchell, it is stated, will be available when the South Africans are not engaged. George Hirst, who with Wilfred Rhodes has been upholding the honour of the old country in Australia, is to have as a benefit the return match with Lancashire on the August Bank Holiday, at Headingley, Leeds, and it is expected that the result will be a record in benefits, for George is deservedly popular.

An innovation is to be tried on May 2nd, etc., at Headingley, when Yorkshire and Notts will engage in a time-limit match. The conditions as set forth are rather long and need not be recapitulated, but it is believed that some such scheme as that about to be tried would expedite the game, and as the wicket is to be covered, a good deal of delay through showers would be obviated. The Lace County has precisely the same championship programme as last year, viz., twenty matches, whilst in addition they, as usual, oppose the M.C.C. at Lord's, and the South Africans will visit Trent Bridge.

Kent of late has relied largely on her amateurs for her strength, and therefore she will miss sorely the services of Mr. C. J. Burnup, who during the greater part of the season will be away from the country on business, and during his absence the reins of captaincy will be held by Mr. C. H. B. Marsham. The time-honoured festivals at Canterbury, Tonbridge, and Tunbridge Wells, will, as usual, be the features of an interesting programme, which includes matches with all the first class counties, except Leicestershire, Warwickshire, and Derbyshire, besides some extraneous matches.

Sussex, although they finished off last season with a balance on the wrong side of £650, start the coming campaign with a clean sheet, a bazaar and other sources wiping off the arrears, so that Mr. C. B. Fry, who succeeds K. S. Ranjitsinhji as captain, and Lord Sheffield, who has again accepted the office of presidency, an office which he held very many years back, are saddled with no debts to commence their regime. This year a slight change has been made in the programme, Derbyshire, who have not opposed the Southerners for a decade, taking the place of Worcestershire, the latter being the only county which does not figure in the list of engagements. Last season, as in 1902, Sussex had the distinction of being runners-up for the championship, and with practically the whole of last year's team available, they should occupy a prominent position in the championship this season.

Of late years Gloucestershire have not, to say the least of it, figured to advantage in their championship matches, owing largely to the fact that, until late in the season, they are unable to depend upon anything like their full strength, and this year much the same

fate awaits them. The result has been a continuous falling off in the receipts, and consequently, the club has found it necessary to reduce the programme, the matches with London County and Warwickshire being dropped. Considerable comment has been caused by the arrangement of the fixtures so that from the beginning of May until August Bristol has been left without a match, and then has a fortnight "off the reel." Mr. G. L. Jessop will not be able to devote the whole of his time to the county, but still will assist and captain the side whenever possible.

An interesting feature in the Derbyshire programme is the renewal, after an interval of exactly 20 years, of their matches with Sussex. As was the case in nearly every instance, the Peak County suffered considerably from the bad weather, and the year's working showed a loss of some £500, but the club are very hopeful of being able to recover themselves during the present season.

The old International Rugby footballer, Mr. J. T. Byrne, will again lead the Warwickshire eleven, which will be subjected to very little alteration. Their programme, too, is much the same. With a view to developing and improving the young talent of the county, the club has gone to considerable expense in erecting a covered practice-shed nearly 100 feet long by 25 feet wide, and 16 feet high.

Somerset, as usual, have not a very pretentious list of fixtures, nine home-and-home matches completing their programme. Mr. S. M. J. Woods anticipates having a strong side to support him, and, if only from the fact of their gallant performances against the representatives of the White Rose, the doings of the Westerners are sure to be followed with keen interest.

Worcestershire's engagements number exactly the same as those of Somerset, and, in addition, they will oppose Oxford University and the South Africans. They will, however, be without the valuable assistance of Captain W. S. Foster, who has accepted an appointment under the Turkish Government, and leaves, shortly for Macedonia, if he has not already left.

Hampshire should do better than last season, when in company with Leicestershire they figured at the bottom of the list, for those sterling cricketers, Major R. M. Poore, Captain J. L. Greig, and Captain E. C. Wynyard, will all be available, so that Mr. E. M. Sprot should have a very useful side to support him.

The last of the counties, Leicestershire, it is to be hoped, will have a better time than in 1903, when they could only claim one victory throughout the season.

No doubt with a view to obtaining as much good talent as possible, Mr. W. G. Grace has arranged the greater part of the London County programme quite early in the season, and, as usual, the club will entertain at the Crystal Palace a large number of the smaller fry.

But little can be said with regard to the Universities, as it is always difficult to estimate the value of the new men until the trial matches have been decided. Oxford would appear to hold an advantage, as they have eight of last year's team available, whereas Cambridge are losing nearly all their best-tried men.

As usual with the M.C.C., their programme is a heavy one. Owing to the lamented death of Mr. W. J. Ford, the fixture arranged for the August Bank Holiday, between a Public School eleven and the club will, no doubt, be cancelled. The big social functions at headquarters commence with the Oxford and Cambridge encounter on June 30th, following which there is Gentlemen *v.* Players (July 4th, 5th, and 6th), Eton and Harrow (July 8th and 9th), and the successful team from Australia will probably be opposed by a Rest-of-England team early in the present month.

This practically exhausts the programmes, so far as the first class clubs are concerned, and it will be seen from the foregoing that a busy season is promised.

PHYSICAL TRAINING OF THE SPARTAN YOUTH.
Scene in a gymnasium; wrestling, discus throwing, ball-swinging, &c.

How Women may Gain Health and Beauty.

By EUGEN SANDOW.

THE following article from the pen of Mr. Sandow appeared recently in the *Weekly Dispatch*, to whom we are indebted for permission to reproduce the same :—

"A great deal of interest has lately been taken by several leading journals in woman's deportment, and, judging by the letters on the subject that have naturally found their way into the correspondence columns of the papers dealing with the matter, it would appear that the women of this, my adopted country, are in a greater degree lacking that grace and carriage, which is admittedly one of woman's greatest charms, than are the women of our Continental neighbours.

"Personally, I do not agree with this idea, for although the deportment of English women, as a rule, leaves much to be desired, I am of opinion that it is far nearer the ideal than in any other country across the Channel.

"Time was when a bee-like waist and pronounced bulging hips were considered the thing, but during the last few years a great change has taken place in public opinion—a change that has been responsible for that most sensible fashion of modern times known as 'the natural waist.'

"Speaking with some knowledge of the matter, and in a general sense, I trace the lack of deportment first to the wearing of improper corsets, second to a lack of fresh air, and, thirdly, to lack of physical exercise. To put the matter in a thoroughly clear way, a little explanation is necessary. It must be remembered that the corset, as worn crushes and renders useless all those muscles which envelop the waist and robs them of their natural function, keeping the body erect. In time they fall into disuse, become flabby and weak, and are unable to perform effectively the duties for which they were designed by nature when called upon to do so.

"As a natural result, the corset after a time becomes a grim necessity, for if it is discarded the work of keeping the body upright falls on muscles which have become weak through disuse and distortion, and are ill-prepared for the task they are called upon to perform. Thus it is that we often have the pitiable sight of a woman in the very prime of life as regards age, who should be robust and strong, complaining after half an hour's light labour minus her corsets that she feels 'weak and done up.' Think also of the life an ordinary woman leads from day to day. That fresh air is essential to physical well-being she believes in as a theory, but seldom puts it into practice. For the sake of fresh air alone she rarely leaves home, but remains in closed rooms, breathing a vitiated atmosphere, until a duty call or a visit to the stores compels her to go out. Even then the air she breathes is usually that of a closed carriage or train, both of which are worse in nine cases out of ten than that of the house. And so, week after week, month after month, it is the same with her—the same oppressive air of closed rooms that becomes maddening after a while to those who possess perfect health, or the heated, stifling atmosphere of the theatre or ball-room.

"Occasionally, when staying in the country on a holiday or during a week-end trip to the seaside, she does live a partially open-air life and get a chance of breathing pure air; but what advantage does she, or rather can she, take of it when the corset has been laced as tight as two arms can lace it, and restricted the expansion of her lungs? When she should be inhaling the pure air deeply through her nostrils and supplying the maximum of blood purifying oxygen to her lungs, her breathing is restricted and of mean capacity, with the result that she derives but half benefits, and in time ruins her complexion and impairs her general health.

"As for exercise, it is merely a work to most women. Of the hundreds and thousands of deportment cases which have passed through my hands, I do not recollect one in which the subject ever considered it of importance. Let me say, with all the conviction of which I am capable, that unless the body, as a whole, is regularly exercised, ill-health must inevitably follow sooner or later, and ill-health and good deportment are incompatible.

"If you would have an example of this, let us look at the brute creation. Take a well-bred horse in good health, and you will notice that he stands erect with head up, and grace in his every movement. Look at him in ill-health and you will notice that his head droops, his gait is awkward, and he looks dejected in appearance.

"This applies to us all, and in women to a greater degree than men. The limbs of a woman who takes exercise regularly are beautifully round, her figure is pliant, and her walk and carriage graceful and easy. Nature intended her to look lovely, and be healthy, and without the one condition the other cannot exist.

"I am not an extremist, and fully recognise the folly of trying to make womankind discard at once what she has worn and endured for centuries. It is not reasonable to suppose that the weaknesses, partly inherited and partly of her own making, are to be eradicated in a week, a month, or even a year. What I say and believe, from results observed during many years' experience and study of the subject, is, that if woman will but adopt and carry into practice the great, but, unfortunately, rarely practised, maxim, to 'fit the corset to the woman and not the woman to the corset,' then shall we see the beginning of the greatest reform the world has ever seen. With this in mind, then, the secret of good and correct deportment lies first in allowing the muscles nature has supplied to do the work intended of them, by wearing corsets which allow of muscular freedom and lung expansion.

"The French corset is made to fit a French figure, something as widely different as is the English tongue from that of France, and it is beyond argument when I say you cannot introduce the characteristic Englishwoman into a corset built for a figure whose proportions and shape are entirely different.

"This applies to all articles of dress in a greater or less degree. You cannot make a woman with a waist of twenty-four inches either stylish or comfortable in a corset of nineteen inches.

"To walk gracefully and easily the whole body should be raised on the ball of the foot, so that the leg passing forward need not be bent so much at the knee, in which position it pushes the front of the skirt outward—an effect that would mar an otherwise graceful figure at each step.

"Never lose sight of the fact that a woman who has a graceful carriage and light, easy walk cannot be otherwise than beautiful, for a graceful carriage is the hall-mark of queens, and a light, easy walk the poetry of motion.

"Follow the advice I have given you, and you will fulfil your destiny—look beautiful, enjoy health and strength, and become a realisation of the physical ideal to all those with whom logical arguments are of no avail."

'AT BONNER'S FERRY"

By HAROLD BINDLOSS.

THE wooden house at Bonner's Ferry still stands among the cedars in a British Columbian Valley, though its builder and the need of it have passed away. Bonner sleeps on the hillside above the railroad track, and now the expresses which come thundering down the cañon swing across a trestle bridge a mile or two away. The ferry-house stands empty save for the bats and owls. Giant firs and cedars dwindling to a fretwork of sombre green climb the hills behind it, and above them rise glistening ramparts of untrodden snow, while a river fed by their glaciers pours in a wild green flood down the hollow. Except for the distant whistles of the locomotives, its hoarse roar alone breaks the silence of the lonely valley.

It was not, however, always so, for though the wood deer graze in what was once the orchard of Bonner's Ferry, there was a time when legions of adventurers passed that way. They came up from the seaboard, footsore and weary, with mule loads of provisions and mining tools, and instead of treasure many found a grave in the wilderness they pushed their way into. Bonner, who built the ferry and the ferry store, sold them Indian ponies, as well as tents and food, at a profit which paid him better than mining, taking shares from those who succeeded instead of gold, for he was hard and shrewd. Thus—for men won fortunes by a stroke of the pick in those days—he grew rich by traffic, and ambitious, planned a splendid future for his daughter Helen. They would go back to the old country his father had left, and she should marry a baronet, he sometimes said.

Helen listened without interest. Perhaps she knew there was little use expressing her opinions unless they coincided with her father's, and she had probably hazy notions of what a baronet might be, for her mother who could have told her was dead, and she had grown up as a flower grows in the mountain-walled valley. Because she lived with the song of the river for ever in her ears her speech was soft and musical, and when she smiled the sparkle of the snowfields was

reflected in her eyes, which at other times were still and calm as the river's deeper pools. The healthful essence of the cedars had given her vigour and comeliness as well as tranquility of mind.

Many of those who crossed the ferry stayed and strove to win a smile, but, though the names of some were famous in the lands they came from, Helen listened to none until freight-contractor Leslie came up with his teams. What Leslie's past had been nobody in that region cared or knew, but he was skilful with axe and bridle; and, whether the floods were out or the passes swept by blinding snow, no miner rued his bargain who bought supplies through him. He was young and vigorous, with a still, bronzed face, and steady eyes which had fearlessly gauged the perils of giddy trails on the brink of the cañon and ice-ribbed mountain side.

When Leslie's mules and half-tamed pack-horses halted at the ferry, Helen would come out shyly and talk to him; but her father hated Leslie from the beginning. Men who found he never broke a promise ordered their supplies to be sent up from the coast by his pack trains, which cut down Bonner's profits, and, when the frosts bound the feeding glaciers, Leslie swam his beasts across the river, which few men had dared to do, instead of paying a heavy toll to the keeper of the ferry.

Still, Bonner suspected nothing until one night he found his daughter talking with Leslie under the cedars when (for he was a grim, vindictive man) his wrath blazed out. Helen went back to the ferry-house with a set white face, and Bonner spoke bitter words to Leslie, who listened gravely, saying little, though his fingers closed more tightly on the pack-horse's bridle. Then he swung himself silently into the saddle, and while Helen listened to the beat of hoofs growing fainter up the trail, her father, whose eyes were fierce with anger, stood before her. She never told, even Leslie, what he said, but the words opened a breach between them that was never closed.

It was a month or two later when Leslie's business rival, Colorado Steve, was found lying upon the hillside with a very unsightly mark upon the front of his head and a smaller one behind it, where a bullet had entered. The grain gold given him for conveyance was not, however, found. Who killed Steve from Colorado only the man who did it knew, but it was known in the valley that he had quarrelled with Leslie, and a train of circumstances directed the miners' thoughts towards the latter. Homicide and robbery were also looked upon with disfavour in that region, where, when the reckless horde first poured in, a big, loose-limbed judge with a boyish face proclaimed that there would be short shrift for any man who introduced the free fashions of California into British territory. He was a man who kept his word, and the miners who saw swift retribution overtake the first offenders lived for the most part peacefully.

Thus it was that those who knew, because he said so, that Leslie had not fired the shot, counselled him to ride for the frontier, and seeing that circumstances were against him, he rode out into the mountains on a big black horse. He carried a rifle across his saddle, and, because no warrant was issued yet—and he was known to be a resolute man—nobody thought it wise to interfere with him. He did not, however, ride for the frontier, but camped in a lonely valley for several days, and sent an Indian with a message to Bonner's Ferry. The Indian came back with a verbal answer, and said nothing about the reward he had earned by carrying it, while Leslie let the good horse rest, and examined every buckle of the harness when he resaddled it.

It was next day when riding slowly down the trail he met two men, who drew bridle and stared at him.

"You should have been way south across the river now. Isn't this world good enough for you?" said one. "The warrant's out, and Steve's friends are trailing you, but we might start them off on the wrong way if you told us where you're going to."

"THE GLINT OF A STEEL BARREL BENEATH THE CEDARS SHOWED THAT ESCAPE FROM THE WINDOW WAS IMPOSSIBLE."

Leslie smiled curiously as he shook the bridle, and the questioner gasped with astonishment at his answer, "I am riding to Bonner's Ferry."

"Hold on!" shouted the other. "The river's coming down in fresh, and Bonner, who's backing Steve's friends, won't put you across."

Leslie made no answer, though, through the drumming of his horse's hoofs, he caught the warning. Helen would meet him beneath the cedars for the last time that night, and he was riding to bid her farewell with a price upon his head. It was a long trail, and perilous when the sun dipped and the stars came out. It climbed the banks of torrents, wound dizzily along the crags above a lonely lake, and burrowed through shadowy forests where every trunk might hide a man who watched for his coming with finger contracting on the trigger; but Leslie rode recklessly. He had braved frosts, flood, and starvation often, and had been robbed already of a hope he valued more than his life, so it was with mere instinctive caution he swept his glance left and right. He saw the starlight glitter on untrodden snows and the long procession of flitting trunks, but noticed them as vacantly as he did the slinking form of a panther and the howl of a hunting wolf. One thought possessed him. Helen, who held him innocent, had bidden him come, and, though every trail were watched by the avengers, he would have ridden through the midst of them. It is also possible that had any of the dead man's friends seen his resolute face under the cold moonlight which emphasised its grim quietness, and noticed the grip of the lean, brown hand on the rifle stock, they would have hesitated to dispute his passage.

Meanwhile, Helen Bonner waited for tidings of him very anxiously. The news that he was proscribed had reached the Ferry, and she knew that meant no questions would be asked of any man who, failing to stop the fugitive, shot him dead. She had heard nothing from him for four long weeks, though but for her father's shrewdness she might have done, and was sitting on the verandah in the afternoon listening with strained attention, as she had done all day, for the sound of horsehoofs or distant shots, when an Indian, who looked very weary, slunk out from the cedars. He vanished so suddenly that Helen wondered if her eyes had deceived her, until a blue grouse commenced an insistent drumming among the firs, for she knew the skill of the Siwash in mimicking birds and beasts. Then she saw her father slip quietly from the house.

He carried a new rifle with him, but came back without it, while his expression of sardonic satisfaction terrified the girl. She rose and walked towards him, and Bonner started when he saw her.

"Is there any news yet—they have not found his trail?" she said, and her face betrayed her anxiety though her voice was steady and cold.

Men who dealt with him said that the one soft spot in Bonner was his fondness for his daughter, but he was a hard, ambitious man with a grim tenacity of purpose and no pity, and perhaps had been proud of her instead.

"There is no news," he answered with a cruel laugh. "Still, the fool has not crossed the river, and I look for word of him to-night."

Helen went back to the verandah, and sat there with hands clenched tight, staring up the sunlit valley and listening intently. There was only one other way across the river, which spread wide over the shallows seethed down in freshet before her, and that way was she knew watched by vindictive men. Elsewhere the flood roared through precipitous cañons. North of it stretched a savage wilderness of ice and snow, where the few outposts of civilisation would be closed to a proscribed man.

Her eyes saw the shining water slide by with its markings of snowy froth, but there were different pictures called up by her irresponsive brain, a line of loaded beasts with a star on their harness winding down the trail, and a tall sinewy figure at the head of them with a black horse's bridle on its

arm. She had watched for it often fearfully when there was ice on the hillside and the passes were choked with snow. Even more clearly she could see a still, bronzed face with steady eyes that filled with a new light as they met her own, and for a moment grew hot with rage that any man dare call them the eyes of a murderer. Then the terror returned, and she strove to blot out a horrible vision of that face lying with the bronze faded from it, white and still for ever, beneath the pines. Choking down a cry she rose, and heard a faint drumming of hoofs far up the climbing trail.

It grew nearer and louder until, with a gasp of thankfulness, she realised that the owner of the black horse, whose gallop she knew, was not riding for the ferry with those who hated him close behind; and presently two horsemen dismounted near the store. They had rifles slung behind them, and their faces were grim, while she recognised them as friends of the dead man. Her father, who did not appear surprised at their coming, called them in, and she heard him answer one question briefly, "Ten to-night."

It was a relief to prepare supper, though she noticed when they sat down to it that one of the men appeared ashamed to meet her gaze, and that the other was curiously silent. Her father looked gravely satisfied, but there was a suggestion of vindictive cruelty about all of them. No one mentioned the fugitive, but she guessed with a terror she hid that the strangers had been sent to cut him off should he attempt to cross the ferry. She did not think he would attempt it, but her father's words rang through all her wondering—"Ten to-night!"

Darkness was falling when she cleared the table, and Bonner said sternly, "We won't want you, Helen; go to your room and stay there unless I call. I and the boys have some business to attend to presently."

Darkness closed down on the valley, and the cedars towered blackly through the drifting mist, though the snow still glimmered with a strange green light. Helen sat by an open window listening, but there was only the sound of the river to break the impressive stillness. It came down white and green in flood, for the snows that fed it were melting under the autumn sun, but towards midnight, when the cold had time to check the streamlets from the glaciers, it would fall a little. Few men had crossed it swimming, even at lowest water, for close by the flood poured into the black profundity of a cañon whose vibrating roar told what fate would overtake any living thing the stream swept in. Yet,

"STRUCK BY THE BATTERING HOOFS, HE WAS DOWN AND TRAMPLED ON."

for she could see the ferry scow dragged out upon the bank, if Leslie rode down to the river he must swim for his life that night.

By and by a crescent moon came out above the climbing pines, and she heard the ominous click of a rifle-lock in the room behind her. Then two men slipped out softly, but one still waited in the house, and the glint of a steel barrel beneath the cedars showed that escape from the window was impossible. If Leslie came that way she could not warn him.

The moonlight grew brighter as the time dragged by, but thin mist still hung in silvery wisps about the climbing pines, and Helen shivered as she heard the clock strike in the room behind her. It struck the hour of nine, and her father expected something or somebody at ten. She would have shivered more violently had she known that Leslie was riding hard down the winding trail while three men, who had promised he should not cross the ferry, were waiting to spring the trap into which the message she had not sent would entice him.

Presently the twinkling rifle barrel vanished, and Helen glanced below. It was very still in the little orchard which lay dark in shadow, and nothing moved in the bush. There was no verandah on that side of the house, and, dropping from the window into soft mould, she ran for the shadow of the trees. A branch snapped with a sharp crackle as she plunged into it, and she stood still a moment, panting, while a man who kept watch on the opposite corner of the orchard started.

"A willow grouse in the bushes, but it scared me, Bonner," he said, with a mirthless laugh, and his voice reached the trembling girl. "Down in Sacramento I shot two men, but it was in the daylight, and either them or me; while this gives Leslie no show at all, and plenty of the boys was saying he never killed the man."

"That's not our affair! We're here to stop him, and we're going to," said another man; and Helen choked back a cry as she recognised his vindictive purpose in her father's voice.

She was thankful that the roar of the river drowned the sound she made as she stole on through the shadow and into the bush. There wet fern rustled about her, but no one heard, and presently she came out breathless into the trail again. It was black and shadowy, though here and there the moonlight beat down between the towering trunks. She stood for a few moments to listen and gather breath while her heart beat painfully; then, going forward again, became conscious of a dull sound swelling in muffled crescendo. Leslie was coming earlier than he was expected, and he had blanketed the black horse's hoofs.

She ran to meet him, and a few moments later the man drew bridle where the moonlight fell across the trail, and sat, looking down upon her with a wry smile on his lips. Still he first glanced ahead, and then, without slackening his grip on the rifle, backed the horse into the shadow.

"You promised to meet me, and I have come," he said, simply, and Helen felt a thrill of pride because she knew he would have come if every trunk by the trail side had hidden an enemy. Her face was drawn and white as she looked at him.

"You must go back at once. They are waiting for you below, and I sent no message," she said, hoarsely. "Still, I am glad you came; it may be the last time I shall ever see you."

"Waiting below?" said Leslie, moving his fingers on the bridle. "You sent no message—an Indian brought me one—you would come out and meet me to-night at ten."

He swung round in the saddle as a faint sound which suggested the rustle of undergrowth came up the trail, then glancing down again surprised a look of horror in the eyes of the girl.

"I sent you no message," she said, drawing out every syllable as though in pain. "And they are waiting. Can men be so cruel?"

"SHE WAS ALONE IN THE SADDLE, FOR LESLIE WAS SWIMMING WITH ONE HAND ON A STIRRUP LEATHER."

The rustle of undergrowth grew plainer, and Leslie's fingers closed tighter upon the rifle. "Quick, you must go back; one of them is coming now. If I live this shall not be the last time I will see you," he said.

Helen laid a hand on the bridle he gathered up. "I can never go back. I have no home any longer," said she. "It was horrible, horrible! They would have killed you!"

Leslie bent low in the saddle and raised his broad hat, for the men who subdued that wild region were never deficient in chivalry. "You believe me innocent, as I swear I am?" said he.

"Yes," said the girl proudly, though she was trembling. "I know you could do no wrong."

"Then"—and Leslie laughed a reckless laugh—"since you know who sent the message you must come with me. Before, when you had all to lose, I could not ask you."

Before the girl could answer a shout rang out, and a man came running up the trail. He was scarcely a score of yards away, and pitching up a rifle, when Leslie drove the spurs home, and as Helen sprang backwards there was a pale flash. Leslie had swung low over the horse's neck, and perhaps the man was too breathless to be exact of aim, for next moment, struck by the battering hoofs, he was down and trampled on. Then the black horse was pulled up on its haunches, and Leslie, turning in the saddle, stretched out his hand towards the girl.

She caught it, and was swung to the saddle before him, while, though a powerful man, Leslie panted heavily as he drove in the spurs again. Helen felt an arm wound round her and the hard barrel of a rifle driven against her side, while the black horse swept down the slope to the river under its double burden. She retained only a blurred impression of what happened during the next minute, and Leslie could never recall it clearly. The lights of the ferry-house blinked before them, the dim trunks rushed past, and there was a flash in the shadows as somebody came running, too late to bar the trail. Then there was a great splashing, and they were in the river.

"Take hold," said a hoarse voice, and Helen felt the bridle thrust into her hands. "We shall be together if we swim or drown."

Then she was alone in the saddle, for Leslie was swimming with one hand on a stirrup leather, and while the river frothed about them the roar of the cañon grew louder. The beast was swimming bravely with head turned slantwise up stream, but the river seemed to mock his strength. The eddies swung them sideways, the water was icy cold, and where the stream ran strongest there was a tumult of splashing surges, while the roar of the cañon rang more hoarsely every second. Black pine and rock on the further side swept up stream fast, and Helen could hear Leslie choking at her feet—but the horrible fear had gone. She had made the great decision, and he had said they would be together whether they swam or drowned.

The pines grew a trifle nearer, the current ran less fast, and with the first thrill of hope the desire for life gripped the girl. Her eyes were strained wide open, and she breathed in strangled gasps as she watched the sliding trees, until stricken suddenly helpless with relief she felt the hoofs strike bottom. Even as she dropped the bridle, Leslie, who stood up waist-deep, seized it.

"We are safe—thank heaven," he gasped.

In a few more minutes the black horse stood smoking on the shingle, while the dripping man looked back across the river towards the lights of the ferry.

"There is not another beast between the Selkirks and the Fraser mouth could do what this one has, and those folks won't try our trail to-night," said he. "You are not sorry you left your home for ever, sweetheart?"

"No," said the girl, softly. "I have no home any longer—only you."

"Then," said Leslie, flinging a wet arm about her as he lifted her from the saddle, "you shall not regret it while I

have the strength to take care of you. Rest here while I unhitch the ferry rope."

Helen clenched her hands as she watched him cast the last link which bound her to the past into the river, but she smiled upon him as he lifted her to the saddle again, and all that night they pressed on through the darkness up the climbing trail.

It was morning, and the black horse worn out, when, as Leslie built a fire, a man came riding down the trail. He drew bridle near them, and stared with equal astonishment at Leslie's grim face and the weary girl.

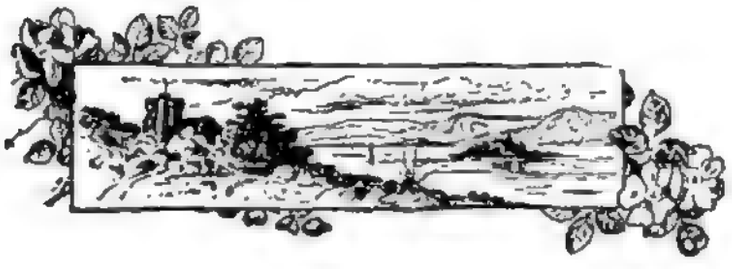
"You know me," said Leslie, quietly. "There's a price upon my head, and I lost my rifle, but I have a good knife left."

The other man laughed a little. "You can keep it where it is," said he. "Oh, yes, I know you. It was you who brought us in provisions when we were starving at Fish Eagle. You never killed Steve, did you?"

"I did not," said Leslie, quietly, and the man nodded as he took off his hat.

"Only wanted to hear you say it. Take this horse for Miss Bonner. He's fit for a long journey, and you can lead the other. If it wouldn't be unfair to my partners in the claim I'd convoy you to the frontier and do my part at the wedding."

He turned away on foot with simple delicacy to avoid their thanks, and was the last man in that valley who saw anything of Leslie. The latter was walking stiffly up the trail, and there was a fine rose colour in the face of the girl who looked down on him.



Mr. Kipling on Athletics.

MR. KIPLING'S gloss upon his sneer at football and cricket players as muddied oafs and flannelled fools is somewhat belated, but it is illuminating, and it may suggest something to those whom it does not convince. He foreshadowed it, of course, in "Stalky & Co.," in which the three musketeers of mischief, who simply loathed the conventional contests of the athletic field, turned out quite able to shoot straight and honour the Queen. There has of late been some talk about the possible necessity of establishing some form of military conscription in England. Mr. Kipling observes that already "there exists in the average English public school a highly efficient system of conscription (for games) based (1) on physical coercion of the young conscript; (2) on carefully educated public opinion of the conscript's equals." Under this system, he continues, "the conscript is compelled, between the ages of twelve and seventeen, to put in some 2,500 hours of drill. If he comes up at ten and stays till he is eighteen, the total is nearer 4,000 hours." Of course, it is compulsory, unless he has a medical certificate of unfitness! the means of compulsion being "a licking if he shirks off."

There is the old saying about Waterloo (wasn't it?) having been won on the playgrounds of English schools. There was truth in it, no doubt. But the times have changed, and methods of warfare have changed with them. So Mr. Kipling proposes a corresponding change in the schoolboy training for possible military service. "Suppose," he says, "that even 10 per cent. of the hours devoted to cricket and footer drills could be taken up for military drill and target work; wouldn't it be a gain? It wouldn't come to much more than an hour and a half a week for thirty-six weeks, but in five or six years that would go far toward making a trained man. If the proposed percentage were taken up under the existing system there would be no need to gush about 'patriotism' or 'self-sacrifice' to the children any more than one would gush over fagging at the nets of a lower school house match."

Beyond doubt there is sound sense in that. The objection to adopting actual work instead of athletic games for physical exercise in schools is that it is impossible to inspire boys with enthusiasm for it, or to get them to take pleasure in it. A boy will work hard all the afternoon in a gymnasium or on the football field, and enjoy it as fun, and get the good of the exhilaration it affords. But, if he did the same amount of work in a workshop, he would feel tired and depressed. But it is probable that target practice and military drill would be taken up with as much zest as any of the games. From the point of view of utilization for military purposes, such drill as Mr. Kipling suggests would doubtless be of value; and we should not be surprised if his suggestion is adopted to a considerable extent in England.

There is also a pretty widespread belief that such drill and discipline, apart from all questions of service in war, are excellent things for boys. Target practice trains the eye and steadies the nerves. Drill work vastly improves the physical carriage. Military discipline inculcates habits of neatness and precision, courtesy, and respect for authority Beyond doubt, all these things are of material value in the development of true manhood. We do not say they cannot be attained in any other way, nor, indeed, are we arguing, either pro or contra, the question of the desirability of military training in primary or secondary schools. But the subject is one to be commended for careful consideration, and in connection with such consideration the suggestions made by Mr. Kipling are entitled to small place.—*New York Tribune.*

MADAME CLAIRE HELIOT AND HER PETS AT DINNER.

Physique at the Hippodrome.

By S. GORDON HUNTER.

II.

"CINDERELLA" proved such a huge success that it was found necessary to continue it for some time, and it was not until April that a fresh spectacle was found necessary, when a most exciting and interesting sketch was staged, entitled "Tally-Ho!" In the meantime many turns of more than ordinary interest to lovers of physical culture appeared. In the earlier months an outstanding feature was the performance of Miss Gertrella, the phantom danseuse gymnast, whose performance has already received extensive notice in the columns of this magazine. Gracefulness is the chief charm of her performance, her elasticity and ease of movement being particularly noticeable, even when exerting great bodily strength. She accomplishes many thrilling feats on a swinging trapeze, all of which, as accomplished by her, seemed really quite easy. Miss Gertrella, it appears, has known Mr. Sandow since she was quite a tiny child, and the profession which she has adopted has caused her to take great interest in the cause of physical culture. Her opinion on the physical training of children is most

pronounced, for she says that children would be far better in health if they had half an hour's systematic and proper training three times a week, instead of a lot of careless exercises too often given in schools, whilst time which is employed in painting little daisies, etc., would be utilised to far more advantage were it devoted to physical exercises of the proper kind. She also considers teachers should not allow children to bend over their work and sit in bad positions, and these opinions, coming from one who has brought her muscular development to such a pitch of perfection for a woman as Miss Gertrella, is advice which should not be despised or disregarded.

We will pass over briefly the smart performances of the Three Missouris, a very clever troupe of acrobats, the Brothers Lloyd, the Abdullah Arabs, the Willé Brothers, whose clever balancing showed to what a high pitch of muscular development they had arrived, and the great Onllaw Trio, who introduced a unique performance in which the two male members, whilst balancing themselves by the hands on two pedestals, held in their teeth a wire upon which the lady member, balancing herself cleverly on a bicycle, went through various evolutions.

In the spring of this year there arrived for the first time in England a Japanese troupe which created considerable interest, their performance of marvellous shoulder balancing, hand and feet juggling, contortions, and floor acrobatic tricks, showing to what a marvellous pitch of perfection these representatives of the Far East have become through their national systematic means of physical development. They were known as the Okabe Family, and it is said that the elaborate costumes worn by the organisation, all of them of Japanese manufacture, comprising the finest silks and satins ornamented with gold and silver embroideries, were valued at £2,000.

Simultaneously with their appearance came the Neiss Family, a very clever combination, whose aerial acts on the flying trapeze sent thrills of excitement through the large audiences who witnessed their performance.

During the summer months Cinquevalli made a welcome return visit, and next whose performance claims attention, by reason of its physical requirements, are the Sisters Anderson, two Danish ladies, whose acrobatic feats on horseback were marked by extreme neatness of execution.

That clever troupe of bicyclists, the Kaufmann Family, showed to what intricate evolutions our friend the cycle is capable of being put, also making a great success, and then, as time wore on, came Miss Lina Pantzer, the sister to the two Brothers Pantzer, Willy and Ernest, whose photographs appeared in last month's issue. In that number we made mention of Herr Julius Seeth and his wonderful troupe of lions, and we now have to refer to a lady who finds a similar avocation to her liking—we mean Madame Claire Heliot, who, for nerve resource and ability in her daring and dangerous profession, is certainly able to hold her own with those of the opposite sex who have found such a means of livelihood to their fancy. As will be seen from the photographs which accompany this article, she is quite at home with her pets, and it says much for her method of training the king of beasts, that he should allow the close acquaintanceship of the two valuable hounds which appear in the photograph at the head of this month's instalment. Her experiences have not always been of the most congenial, as is only to be

expected by one who follows such a risky profession, and I believe that on one occasion her pupils apparently took offence at her

PAUL CONCHAS.

method, with the result that the severe but necessary course of the application of red-hot pokers, etc., became necessary. But these little attentions seem to such a one all a portion of the day's work, and nightly she puts them through their pacings with as much nonchalance as if they were quite minus of teeth and talons.

EVERART, THE HOOP MANIPULATOR.

The subject chosen for the pantomime of 1901 was "Aladdin," and once again the management excelled themselves. Whilst they have not the facilities of Drury Lane for spectacular setting, Mr. Parker did wonders with the space at his disposal. Again a small fortune was spent on the production, Aladdin's lamp alone costing nearly £1,000, being composed entirely of Abyssinian diamonds. The last time I saw this lamp it was scarcely in the condition in which it appears in the illustration, for one of the plunging elephants lately performing there investigating the domains of the management, took

THE SISTERS ANDERSON.

THE NEISS FAMILY.

a fancy to the jewels, and before he had finished with it, it was a shapeless mass.

One of the chief features of the 1901–2 winter season was the appearance of Eddie Gifford, the one-legged cyclist, who, it will be remembered, wound up a clever performance with a daring dive on his bicycle from the roof into the tank.

The Rixfords, a very clever troupe of hand balancers who have brought their physical powers to a high state of perfection, were appearing simultaneously.

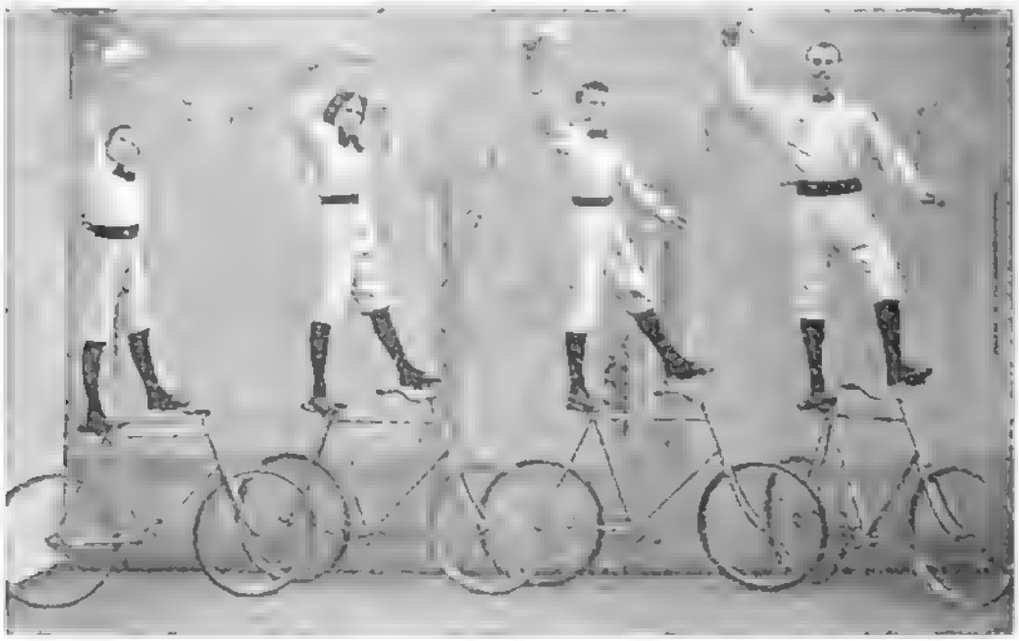
A turn appealing strongly to sportsmen was that of Colonel Bordeverry, a remarkably clever marksman, whose unique performance of playing a tune on a piano with shots from a repeating rifle proved a big success.

The great Everart, one of the smartest of hoop manipulators, and Paul Conchas, whose cleverness in dealing with cannon balls and such-like trifles enabled him to display his fine muscular development to perfection, were succeeded by the Klein Troupe of cyclists, and the Three Romas, who in addition to their classic poses give a good display of heavy-weight lifting. They paid a return visit quite recently.

During the summer months a new spectacular show was introduced, entitled "The Bandits," and we find in the programme several whom we have already noticed, notably Caicedo, the Pantzer Brothers, Miss Gertrella, and the Kaufmanns.

The winter saw the production of "Dick Whittington," which, in company with a varied and excellent programme, drew all London for some months until its place was taken by the "Redskins," a most exciting spectacle, in which a very fine high dive, executed by Professor Heaton, figured very prominently.

Going back a little, Herr Seeth paid his farewell visit in the spring of 1903, whilst later, as an attraction, "Hooping the Hoop" was introduced, and such favourites as Conchas, the Griffiths Brothers, the Neiss Troupe, Bob Baker, the jumper, and Cinquevalli, made welcome return visits.



THE KAUFMANN TROUPE.

Another clever performance which is deserving of mention is that of the Hartley Wonders, who perform marvellous feats of barrel-jumping, and then we come to the last of the Hippodrome's spectacular achievements, the "Golden Princess." This brings us nearly up to date, and leaves us only room to refer to the appearance of Houdini, the Hand-Cuff King, whose wonderful powers of extrication

Photo.] J. L. RIXFORD. [*Hana.*
(The Marvellous Rixfords.)

have created such a furore throughout the country, and the return visit of Mr. Eugen Sandow, who, as all my readers are aware, has just concluded a most successful stay. It is to be sincerely hoped that the remarks which fell from him each day as to the necessity of cultivating the body in a proper manner by systematic exercise, and the examples which he placed before the crowded houses, will have good effect, and will be the means of inducing many more to endeavour to bring their bodies nearer to the ideal. His words were cheered to the echo, and it must have been gratifying indeed to him to find so many supporters of his cause.

I had almost forgotten to mention one whose position at the Hippodrome may be almost said to be unique, for unlike other artistes who come and go he has become practically a fixture. I refer to that clever little tumbler, and really humorous pantomimist, Marceline, the delight of the children, and

MR. FRANK ALLEN,
General Manager.

at the same time a smart acrobat who hides his athletic prowess under the cloak of funning. Marceline might aptly be termed a pocket Hercules, for although short in stature he has a remarkable fine muscular development, which is not to be surprised at when one has witnessed

MR. F. PARKER,
Stage Manager.

his wonderful tumbling display, where, as a grand finale, he clears with a double somersault some ten or a dozen men standing in a row. Certain proof of his popularity and ability is the fact that his engagement thus far has extended for over four years.

Before concluding these remarks, which have already extended much further than was originally anticipated, I must crave space to express

my extreme indebtedness to the popular managers of the various departments; to Mr. Frank Parker, the hard-working stage manager, whose entry books proved most useful, and at the same time brought up many pleasant memories; to Mr. Harry Garrick, the popular press manager, who placed at my disposal his volumi-

MR. H. W. GARRICK,
Press Manager.

MR. H. E. MOSS,
Managing Director.

nous file of cuttings, and also rendered me valuable assistance in the compilation of the foregoing record; and to Mr. F. Trussell, who rules the front of the house with a genial firmness.

MR. F. TRUSSELL,
Acting Manager.

THE HIPPODROME MANAGEMENT.

Japan and Her Wrestlers.

SCENES AT A TOURNAMENT.

By EDGAR WARD.

IF not actually the sport of Japan, wrestling is very nearly so. It dates back some 2,000 years, when, to make a Japanese holiday, one strong man, called Sukume, kicked and squeezed to death another Samson. The strength and ability of the successful competitor so pleased the Emperor that he was made a retainer in the Royal Household. Since then wrestling has progressed, and now twice a year, for the space of ten days, a tournament is held in Yokohama and Ekoin. Sukume is the father of Japanese wrestling, and to-day his descendant, who is a viscount, is regarded as the protector of the profession.

Crowds flock to the tournaments, and the men are made much of by their admirers, and so much is thought of wrestling that it is on record that two sons of an emperor who had died pitted each his champion against that of the other, to decide who should succeed to the throne.

The office of umpire is held by one family, and those desirous of entering that branch of the profession must assume the family name and become one of its members.

Like many other things Japanese, the various offices are hereditary.

Of the wrestlers there appeared many grades, the younger and lighter passing their novitiate under the tutelage of the older men.

There are many traditions about this profession, and a multiplicity of rules guide them in its performance.

Only 48 falls are permitted in this style, consisting of 12 throws, 12 throws over the back, 12 lifts and 12 twists, and it is said there are 384 devices for accomplishing these. To a foreigner (European) the number seems greatly less, however.

Recently I was fortunate enough to be in Yokohama at the time the wrestling was held. A ten minutes' ride in a ricksha from the railway station up some queer narrow streets, decorated with banners and festoons of varicoloured paper lanterns, brought me to the ground. The appearance outside was much like a circus with the box office, and crowds of people and rickshas, but in addition there was a very tall bamboo drum tower.

Approaching the ticket office without any exertion of my own, I had a top-price ticket in my hand in exchange for one yen. I was then led by a little Japanese to a stall, where he gave me a box, and then went off and returned with a cushion, I, meanwhile, thinking how kind and polite of him to trouble about me; but this line of thought was broken when he said—"Jis-sen" (10 yen). All along one notices that it is not absolutely necessary to ask for what is required. Being a European these Port Japanese consider you want the best As a result you get the "next best," at the price of the former.

The interior of the tent was like a large circus, with the exception that the tiers of seats were replaced by tiers of floored stalls and in these the audience sat. The centre was occupied by a mound of earth, upon the sanded surface of which a ring about 18 ft. in diameter was formed by half burying rice

and straw; over this was a canopy in many colours, kept aloft by four uprights, twined with coloured papers, and sitting in diagonal corners in their fine ceremonial clothes were two old wrestlers, with fan in hand—the referees.

The people, about in holiday attire, almost as many women as men, were chatting, smoking, eating and drinking; they became somewhat quieter as, in a piercing voice, suggesting pain of intestinal origin, an official announced the combatants of the first bout.

The umpire then entered and bowed to the audience, and was followed by two wrestlers, who seemed mountains of fat and breathlessness. Having saluted each other, they went about the ring stretching themselves, their dress being only a loin clout and belt. This parade at last being over, they approached each other, sitting on their haunches, their hands being on the ground in front of them.

There they stayed, glaring at each other like fighting cocks, the comb being represented by their hair brought up over the head in a curl, like a gun hammer. After glaring for some time at each other, one might with an "oh!" grapple the other, but, with true Eastern cussedness, the other was never ready. This was scene the first. They now rose, went about the ring, stretching their legs, eating salt from a small tray or rinsing their mouths, and then again on their haunches. Again the cock-like glare, again the never-ready opponent, and . . . da capo. Between these introductory measures, which were getting rather monotonous, they swaggered around the ring as if they had overcome Cæsar. . . . Again on their haunches, and then by some mischance (to them) they were both ready, and the bout began.

It generally opened with pushing and slapping as they rose from their haunches, and continued till a grip of the "other fellow's" belt was got. This seemed the major hold, and generally got the man into "chancery." The grip being secured, they would lean on each other, presumably waiting for each other to falter, and then suddenly, by pushing and butting, one was hustled out of the ring. The game seemed to be to get the other fellow out of the arena; the shoulder and hips fall, as we understand it, was not the point aimed at.

In the many bouts I saw few men were really thrown out, nearly all were pushed out, some flung, some carried out.

The victor of the heavy-weights is finally announced, and with a bow the umpire presents him with a paper slip or tablet in his fan. Just about this time one of the spectators seemed to take exception to the ruling, and rushed to the ring in the centre, his attitude being one of invitation to "put him out," as he wouldn't walk.

Another style of wrestling was for one man to take the ring with another, and at each corner of the "ring" was stationed another opponent. The business of the first was to put the other five out consecutively. Having got rid of one, he was immediately set upon by another, who followed in the wake of his mate, and so with the other three. The winner was hailed with exclamations of delight and appreciation by the crowd, who threw hats, cushions, and paper tablets into the ring. It was the custom for the champion's pupil to collect these, and on the morrow visit the houses of the owners, where they were redeemed by presents of money. This bout was a great test of stamina and ability, and was greatly appreciated by the audience.

A third and more furious style was for the second-grade men, who are lighter, to the number of about forty, to surround the ring. These in turn pushed and slung each other. There were always two men in the ring, and the successful one was immediately attacked by another. It lasted about a quarter of an hour, and was characterised by cleverness and great good feeling among the men, notwithstanding that some nasty falls down the sides of the mound were suffered.

Their place was taken by the heavy-weights, now attired in gorgeously-embroidered aprons, and after some bowing to each other,

the audience left for the day, each team retiring to its own quarters at the back of the tent. The appearance of these at once suggested that they were "soft" and out of form, but the ability and stamina displayed by them belied the idea. Those who might be placed in the first grade were men much above the ordinary Japanese height, who were mountains of fat and muscle, had long hair worn in a queue, animal faces, and weighed anything about 20 stone. These men eat anything, are enormous drinkers, and are said to be as sensual in their habits as their faces certainly denote. One of the wrestlers was so tall that his compeers only reached his armpits; he had a marked droop forward, and very long, hanging arms—in fact, quite Simian in appearance. A second seemed an enlarged edition of Tichborne. His breasts sagged and extended as a rung of fat to the lower angle of his shoulder-blade. He generally managed to keep his opponent off with his paunch, but it also handicapped him, as he was unable to get at the other fellow's belt—the master grip.

When training, these men eat anything, and the more weight they put on, be it muscle or fat, the better they consider themselves getting. Their whole attitude to preparation shows that our idea as to diet is a vain superstition, and certainly the stamina and strength they show does not point to them being wrong.

The whole audience and the wrestlers were most good-natured, the latter never once, by look or action, questioning the umpire's decision, and when a sake (rice-beer) sodden fool amongst the spectators, carried away by a barracker's zeal, took exception, he was encouraged by ironical cheers or mocked by derisive laughter. Like in European shows, vendors of wonderful foods, and of sweets of doubtful history, occasionally got in your line of vision, and cried out in a way that would make a newsboy envious.

And now the gong in the bamboo tower was making a racket, announcing the close of the day, and the crowd, laughing and satisfied, strolled from the tent into the street, here to be met by crowds of rickshas, and, notwithstanding the many hundreds of people pouring out, there was neither jostling or smell, two ever-present and undesirable adjuncts to many crowds, both Eastern and Western.

Besides this ordinary wrestling there is a cleverer art, called "jujutsu," which is held in greater esteem, and patronised by the aristocrats and samurai class. Success in this art is not due to strength, but pliancy, feint, and body-breaking grips. The police are instructed in it, and the cleverness of these little sword-bearing spectacled men has been a revelation to a big rowdy relying on his strength. Many of the grips cause apparent death by pressure, or bone fracture, or death swoons, or choking, and so forth. There are academies for teaching jujutsu, and they are well attended. The principle underlying it is not to meet strength by strength, but by cleverness, feint, and pliancy.

Scientific Systematic Exercise as a Curative Agent.

By ROBERT BESWICK, M.R.C.S., L.S.A.

I.

THE science of the healing art is nowadays making such rapid strides, and, octopus-like, its devotees are stretching out the arms of research in ever increasingly numerous directions, that the busy general practitioner is hard put to it to keep even within the slight touch of mere cognisance of the latest discoveries and the practical results which succeed them.

There is, however, one branch of practical therapeutics which, whilst somewhat without the field of service of the average doctor, is yet proving itself of such value as a curative agency, most especially in the relief of several of what I may popularly term modern ailments, that it should without doubt form a subject for careful study to even the busiest physician.

By modern ailments I mean the several nervous complaints caused by the stress of modern city life, and also the many troubles resultant upon the sedentary work which present day conditions impose upon so great a proportion of the population of our large towns.

The branch to which I refer is that of curative physical culture. Of late years the subject of the physical deterioration of the race, and how to remedy it, has been so frequently discussed in the professional and lay press, and the earnest endeavours of so great a number of prominent people, including members of Parliament and leading medical lights, have been devoted towards the inauguration of a system of national physical culture for children in the nation's schools, that this side of the subject has and is receiving its full measure of public attention, which will doubtless, before long, bear practical fruit in the adoption of a universal body-building system for the better physical development of the youth of the land and so counteracting the evil influences, some hereditary and some incident to modern conditions of life, under which they at present suffer.

It is only quite recently that the value of properly directed exercise as a remedy for many illnesses have been brought really prominently to the fore, and is beginning to create a considerable amount of interest.

Here at the outset of this paper let me most emphatically state that whilst exercise is in many cases most useful, and in some classes of ailments is the only true and permanent cure, yet it is not, to use a somewhat mixed metaphor, the philosopher's stone of medicine. It is not as some of its exponents who live by its practice would have us believe a cure for all illnesses that mankind is heir to. It has its limitations to its sphere of service, but in certain ailments, as I said above, it is, when judiciously used, an unequalled and certain curative agent.

I have, for a long time past, taken a considerable interest in the subject of curative gymnastics, but it is only recently I had occasion, on a visit to Sandow's establishment at Basing House, Basinghall Street, to gain a practical insight to a large number of varied cases—some of that new-fangled, but certainly most troublesome affection *neurasthenia*,

others of *constipation, hæmorrhoids, insomnia,* etc.—as treated by his correspondence system by Eugen Sandow, the leading physical culturist of this country, and I must confess that whilst previously fully convinced of the possibilities of scientific exercise as a remedy, I was yet startled at the uniform success in case after case which I investigated, and even more surprised at the rapidity with which many obstinate cases of long standing which had proved irreducible by drug treatment yielded to the exercise cure.

Here I would follow up the word of warning which I gave at the beginning, lest any reader should, perchance, take my words for an unlimited recommendation in all cases, and, seeing the specious advertisements of one or other of so-called "exercise cures" or "natural methods of healing," whose originators claim for them efficacy in the most impossible cases, be led into the hands of some quack, whose only interest is the amount he can extract from his foolish client's pocket, and whose unqualified treatment will often end in most serious injury to his "patient."

What I do desire to make clear is that, in suitable cases, light systematic exercise under qualified direction may be used with astonishing, nay, even marvellous results.

Sandow, whose methods of curative physical culture I have investigated, has had the advantage of many years of experience as a gymnastic instructor before he turned his special attention to the curative branch of his work. During those years he has studied anatomy and physiology.

There is no doubt that to his cautious care, and the fact that unlike most non medical men who step into the field of therapeutics, he has realised how far and under what limitations his system may be used that his success is due.

Whilst he advertises largely, a practice which every registered practitioner must regard as fraught with some danger, he guards both his own and his clients' interests by only undertaking and prescribing exercises for those whose own medical advisers certify to be in such bodily condition that his light exercises can in no event do harm.

As I said before, the results, in a number of cases, selected haphazard, which I looked into, from the client's first application down to the completion of the course of treatment, showed an astonishing uniformity of success.

Personal experience had long since convinced me of the value in chronic constipation of "passive massage." Sandow exercises for the relief of constipation are directed to substituting a self-applied active massage to the region of the intestines, so stimulating the peristaltic action. This is physiologically sound, and has the advantage of being involuntarily performed, for the exercisers are not even aware that they are, so to speak, massaging themselves. They make certain light movements which effect the required pressure on the longitudinal and vertical muscles of the intestinal tract, and cause a natural activity both of peristaltic contraction, and also excretion of the fluid necessary to satisfactorily passing on of the waste matter for ultimate discharge.

I was particularly interested in a case of rupture, which seemed to me a trouble least likely to be favourably treated by exercise. In this instance the exercises set were of the lightest possible description (the patient, of course, wearing a truss throughout). The patient's report after fourteen days showed a marked relief in preventing the descent of the hernia, and in twenty-eight days it was possible to dispense for a day a two at a time with the truss. This case was still under treatment.

The physiological effect of the treatment may be due to a thickening of the surrounding tissues, so producing a greater control over the muscular movements of the abdominal wall.

The value of exercise in the open air for neurotics is too widely realised to need emphasising here, but whilst the medical profession have fully grasped this, they have not made a sufficient study of the particular

series of movements which most speedily and surely brace the affected nerve centres.

Sandow has specialised on this, and it is interesting to know that a great many physicians are now interested in his experiences in this direction, for the present necessity for the treatment of nervous disorders by drugs, which can only relieve and never really cure, has for long been a thorn in the side of thousands of practitioners who are daily more and more called upon to treat such cases, the alarming increase of which is perhaps the very worst concomitant of modern civilisation and luxurious living nowadays, even amongst the working classes.

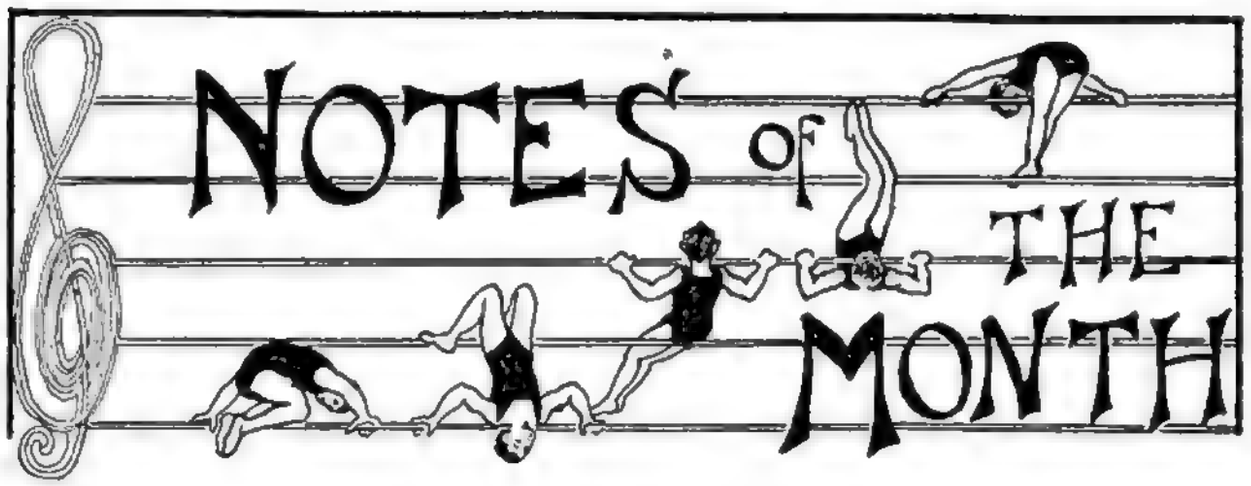
Under this heading come those who imagine, and whose symptoms often would suggest, that they suffered from heart disease, whilst in reality their trouble is a weakness in the nerves around that organ which itself is quite sound. Suitable exercise is without doubt the best remedy. In such cases, however, it is most essential that no mistake of diagnosis should be made, and Sandow himself, better than anyone else, is aware of this, and even after a medical opinion that the subject is quite capable of the nerve-repairing exercises is most careful to allow only the very lightest of movements until a marked improvement conclusively proves that the trouble is solely nervous, and amendable to the exercise cure.

Rheumatics and neuralgic troubles, which arise largely from an unhealthy state of the blood, can be particularly advantageously attacked by systematic movements, for as a blood purifier judicious exercise has no rival.

It is claimed that bronchial affections and lung troubles may also be cured. So far I am not prepared to pledge myself, except as regards their absolutely incipient stages. Sandow has realised this, and though he claims to have effected some most satisfactory cures of asthma, and even phthisis, in its earliest stages, yet will only accept the responsibility in prescribing exercises in such cases under the direct advice of and periodical examination of a medical man, and in this he is pursuing a course which the dictates of caution absolutely demand.

To sum up my conclusions in a sentence, curative physical culture is an invaluable aid to science of medicine if judiciously handled by an experienced teacher such as Sandow, who will never allow his enthusiasm to carry him beyond or contrary to qualified medical advice in the cases treated.

LAFAYETTE'S PICCANINNY AND DOG.
(*See* "Physique at the Hippodrome.")



The King and Physique.

The pleasing fact that His Majesty, King Edward the VII., is solicitous for the physical welfare of the younger generation is forthcoming in a letter written on his behalf by Sir F. C. G. Ponsonby to the Secretary of the South London Schools' Athletic Association. His Majesty was invited to the annual athletic festival to be held at Herne Hill next month, but regretted that his engagements would not permit him to be present. "At the same time," wrote Sir F. C. G. Ponsonby, "the King desires me to assure the members of the association that he regards with satisfaction the importance which is now attached to the physical development of children, and that he takes great interest in all institutions which have for their object the improvement of the 'physique' of the young."

* * * *

The Royal Commission.

Sir John Gorst applied to the Board of Education recently to discover the terms of reference to the Departmental Committee, now sitting, on physical degeneration. Sir William Anson has informed him that the original reference charged the Committee with a preliminary inquiry into the allegations concerning the deterioration of certain classes of the population, as shown by the large percentage of rejections, for physical causes, of recruits for the Army, and by other evidence, especially the report of the Commission on Physical Instruction in Scotland, and to consider in what manner the medical profession can best be consulted on the subject with a view to the appointment of a Royal Commission, and the terms of reference to such a Commission if appointed. But this reference was subsequently explained to imply the duty (1) to determine, with the aid of such counsel as the medical profession are able to give, the steps that should be taken to furnish the Government and the nation at large with periodical data for an accurate comparative estimate of the health and physique of the people; (2) to indicate generally the causes of such physical deterioration as does exist in certain classes; and (3) to point out the means by which it can be most effectually diminished.

* * * *

White Flour and Race Degeneracy.

The members of the Ripon Agricultural Association have been discussing the respective merits of white and brown bread in relation to nutrition on a paper read by Mr. H. M. Bower on "The Modern Process of Milling." A good deal had been said, he remarked, about physical degeneration, and in this connection the quality of bread was an important matter. The present roller process removed the bran from the grain and produced a fine white flour. The old stone-mill process retained the highly nitrogenous germ and the very starchy kernel. Of course, white bread

was attractive, and roller flour could be obtained as a regular commodity, but for nourishing food he advocated seconds flour, or that in which the germ was retained. The chairman (Mr. C. Hammond) commented on the fact that within ten miles of Ripon thirty mills had gone out of use. Bread made from a good admixture of English wheat had in it more nutrition than any other kind.

* * * *

Feeding of Children.

In view of the general consensus of opinion among experts that one of the main causes of mental deficiency in the children of to-day is cramming the head without caring for the body, the system adopted by the School Board at the "special" centre for mentally deficient children in Bethnal Green Road is interesting.

The children there are given porridge at 10.30 a.m. three days a week, and milk or cocoa and bread and jam on the other days.

Four times a week they dine at the school on meat pies, stew, fish or soup, and pudding.

MR. A. G. ELSE (6 months' exercise).

The system works admirably, and the children make much better mental progress after a little feeding up.

* * * *

Maidstone.

Dear Mr. Sandow,

Please find enclosed photo. of myself, taken after using your developers for six months. I have increased my chest measurement three inches during that time, and now have an expansion of four inches.

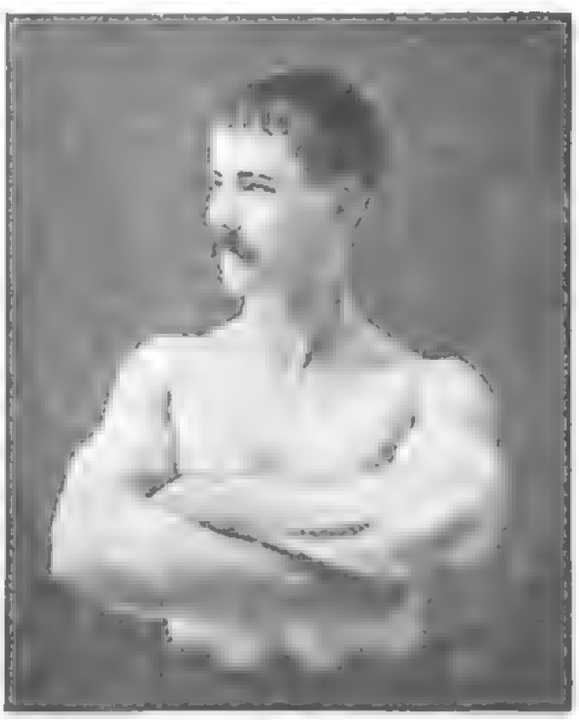
I am, &c., A. G. ELSE.

* * * *

Physical Condition of Children.

On the third reading of the Consolidated Fund Bill Sir John Gorst and several other Members drew attention to the physical condition of children. Sir William Anson, in reply, explained what had been done by the committee of inquiry appointed last year. That committee was appointed with the view of ascertaining whether a Royal Commission should not be appointed to inquire into the general question of physical deterioration. The Board of Education felt it was largely interested in the matter, and it was represented on the committee. The reference implied the duty of ascertaining what steps should be taken to furnish the Government with a periodical set of facts as to the physical condition of the people, and to try to indicate the causes of the deterioration, and to point out the means by which it might be improved. The committee began to sit in the winter, and it found that the British Association had appointed a committee, of which Professor Cunningham was chairman, to inquire into the same subject. The committee put itself into communication with the committee of the British Association, which met it in a most cordial spirit. Professor Cunningham gave evidence and the scheme already outlined by the British Association committee was sent to the Royal College of Physicians of London and the Royal College of Surgeons of England. The Royal College of Surgeons had sent back word that it cordially approved of the proposed scheme that there should be a regular survey of the population of the United Kingdom, of the agricultural and

working population, and of the children in the schools, and that means should be taken to ascertain their physical condition at school age. It was hoped that by proper management it might be possible to cover the whole of the United Kingdom in ten years so that there might be a complete survey of the United Kingdom in the course of every ten years. This committee had gone into the question of the life of the child from infancy up to school age and during the period of adolescence. It had gone very fully into the question of the nutrition of the children, and on these points members of the medical profession had given most valuable evidence. He hoped the committee would report at no distant date and then they would be in possession of the facts as to the physical condition of the children, and they would have what the committee conceived to be the causes of the evil and their suggested remedy. He wished the House to understand that the inquiries being made were of a most practical character and that the committee was going into the actual causes of the physical ailments and physical shortcomings of the children at school and before they went to school.



MR. R. D. MACDONALD (*Bombay*).

* * * *

Deep breathing is a very essential part of physical culture, and is at the same time very difficult to attain. We have had sent for our inspection a little contrivance for which it is claimed that, by its daily use, the art of deep breathing may be obtained with most beneficial results. It is called the "Allen" Breathing Tube, is sold at the low price of 1*s.* 1*d.*, and should provide a long-felt want.

* * * *

Mazagon, Bombay.

Dear Sir,

I have forwarded two of my photographs by mail.

I have studied your system of training from "Strength, and How to obtain it," and have been my own instructor for the last three years. I never thought I would ever have the pleasure of sending you a photo of myself developed in the manner I am at present. When I first commenced exercising, which was in 1901, there was no sign of improvement for many months. This disheartened me, and I was at the point of giving it up; but then, when I thought of the words, "Don't be disheartened because your progress at first seems slow," I got fresh courage into me, and determined to try again, and to-day, I am happy to say, the results are marvellous. I thought it absurd sending you my photos until it was pointed out to me by all my friends that Mr. Sandow would surely appreciate them.

I am trying to spread your system far and wide, and have recommended the same to all my friends, even to my lady acquaintances.

The power of concentrating the mind on the muscles, which most of your pupils find difficult, has, I am glad to say, been overcome by me. In fact, it came to me naturally, but after a year's struggle. I noticed that in the year 1902 I was beginning to improve. I saw a great change in my physique, and you cannot really believe how suddenly the development appeared. I must say your system acted on me like magic. Now I have got the start, and I know for a certainty how to proceed. It affords me much pleasure to

say that your system of exercises are most excellent for developing the muscles of the human body and keeping one in a sound condition of health. Of course, the pupil must be possessed with a fair amount of will-power; if not, he must possess a fair amount of determination to learn how to use his will.

My measurements, at present, are as follow:—

	inches.
Neck	15½
Chest (normal) ...	40
,, (expanded)...	44
Upper arm (right)	15½
,, ,, (left)	15½
Forearm (right) ...	14
,, (left) ..	14½
Wrist (right) ...	7½
,, (left) ...	7½
Waist	27½
Hips ...	36
Thigh (right) ..	22½
,, (left) ...	22½
Knee	14
Calf	15½
Ankle	10½
Weight 12 stone 12½ lbs.	
Age 21 years.	
Height 5 feet 9 inches.	

Measurements before training.

	inches.
Neck	12½
Chest (normal) ...	34
Chest (expanded)	35
Upper arm (right)	12
,, ,, (left)	12½
Forearm (right) ...	10½
,, (left) ..	10½
Wrist (right) ...	6
,, (left) ..	6
Waist . ..	30
Hips .	32
Thigh (right)	18
,, (left) ..	17½
Knee . .	12½
Calf	13
Ankle . .	9
Weight 10 stone 2 lbs.	
Age between 17 and 18 years.	
Height 5 feet 6 inches.	

I am, dear Sir,

Yours, &c.,

R. D. MACDONALD.

* * * *

Japanese Stamina.

The unique progress of Japan and the remarkable efficiency of its people in everything they undertake suggest some interesting questions as to the influence of diet and personal hygiene on national welfare. The *British Medical Journal* says that the Japanese themselves attribute their high average of physical strength to a plain and frugal diet, and the system of gymnastics called jiu-jitsu, which includes a knowledge of anatomy and of the external and internal uses of water. Although during the period of their ascendency the Samurai kept the secret that their great physical superiority was due in a great measure to the internal and external use of water, the belief that if used liberally and intelligently water is an infallible weapon against disease is now generally held. By those who go in for jiu-jitsu an average of one gallon a day is drunk. It is noteworthy that rheumatism is almost unknown in Japan; it is probable that the absence of meat from the diet, combined with the use of plenty of water, accounts for this immunity. Bathing is indulged in frequently even by the poorest. In the matter of diet they are frugal to a degree, rice being the staple food in every Japanese house, and appearing at every meal. Japanese troops have often made record marches on a diet consisting solely of a little rice. The Japanese appreciate above all things the value of fresh air; night and day they keep their windows open and their rooms ventilated, and they do not fear draughts or damp air. Breathing exercises are an important part of their physical training—deep, careful breathing, which is only acquired by practice.

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Physical Education.

The Rev. A. W. Jephson, a member of the London County Council, recently delivered a most instructive address to a crowded audience at the Newington Public Hall on the subject of Physical Education. The popular Surrey cricketer, Mr. D. L. A. Jephson, nephew of the lecturer, was in the chair, and in his opening remarks expressed the hope that those present would take good heed of what they would hear and see that evening, for physical education was of the utmost importance. If the people of to-day would only see that their bodies were strengthened by systematic exercise a marvellous improvement would soon show itself in the physique of the race.

The Rev. A. W. Jephson, who met with a cordial reception, said that what was wanted in Walworth was that a little more attention should be given to the all-round development of the body—to physical exercises and body training. He had to confess, however, that in Walworth the people did not get that

elbow-room they ought to have. In the Walworth Road they could see a big space being cleared. Twenty-two acres of slum property would shortly disappear under an improvement scheme of the Ecclesiastical Commissioners, and in the place of insanitary, tumble-down buildings there would be erected healthy and pleasant houses where the people could make for themselves bright, sweet, and happy homes, and where the children could grow up rosy and strong. People would then want to come to Walworth to live. But even under the worst conditions it was possible to do something for the healthy condition of our bodies. Temper was nothing more nor less than indigestion and nerves out of health. Simple exercises by which the lungs were expanded and the liver stimulated soon corrected indigestion and put the nerves right. He was afraid he was a little too stout to show them himself how they should exercise, but demonstrations would be given by members of St. John's Institute. It had been proved that the regular practice of deep breathing would prevent consumption and all chest complaints, but to abstain from the filthy habit of spitting in public places was equally important. He mentioned that in New York the penalty for spitting in a public tramcar was a fine of 100 dollars or a year's imprisonment.

HOUDINI, THE HANDCUFF KING.
(*See* "Physique at the Hippodrome.")

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The Boys' Brigade

Something of what the Boys' Brigade is doing for the morale and physique of London boys was shown at the thirteenth annual gymnastic competition and display of the West London Battalion, held in Paddington Baths. Out of the battalion strength of 800 rather more than 500 lads mustered and gave an exhibition of discipline and skill worthy of all praise. There was some smart drill with dumb-bells and bar-bells, and the Paddington company distinguished themselves by good work with Indian clubs. Three companies,

the élite of the battalion, contended on the horizontal and parallel bars for a challenge shield, and some clever displays were seen before the winners were found in the previous holders, the Chelsea Company. The battalion provided its own music by the aid of the drum and fife band of the Queen's Park Company. Besides drill and gymnastics the boys also devote their energies to athletic sports, football, and swimming, in all of which the companies contend for challenge trophies.

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England v. Japan.

The meeting of Jem Mellor, the Lancashire wrestler, and Yakio Tani, the well-known exponent of Japanese wrestling, for £200 a side, and the Light Weight Catch-as-Catch-Can Championship of the World, took place on April 18th last at the Tivoli Music Hall, London. The conditions were the best of three falls, with full nelson and hang barred. Both men turned the scale at 9 st. 4 lbs. The first bout was a very prolonged one, the men wrestling for nearly an hour before Mellor secured a fall, which some were inclined to consider as doubtful. Coming together a second time the Jap soon had his man at his mercy, and won in eighteen minutes. The third trial was of even shorter duration, Tani pressing the Staleybridge man well down after 14 mins. 12⅘ secs. had elapsed; a really scientific display on the part of both men, thus ending in favour of Tani. It should be mentioned that while Mellor had previously beaten all comers at his own weight, it was the first occasion on which Tani has engaged in a match under catch-as-catch-can rules.

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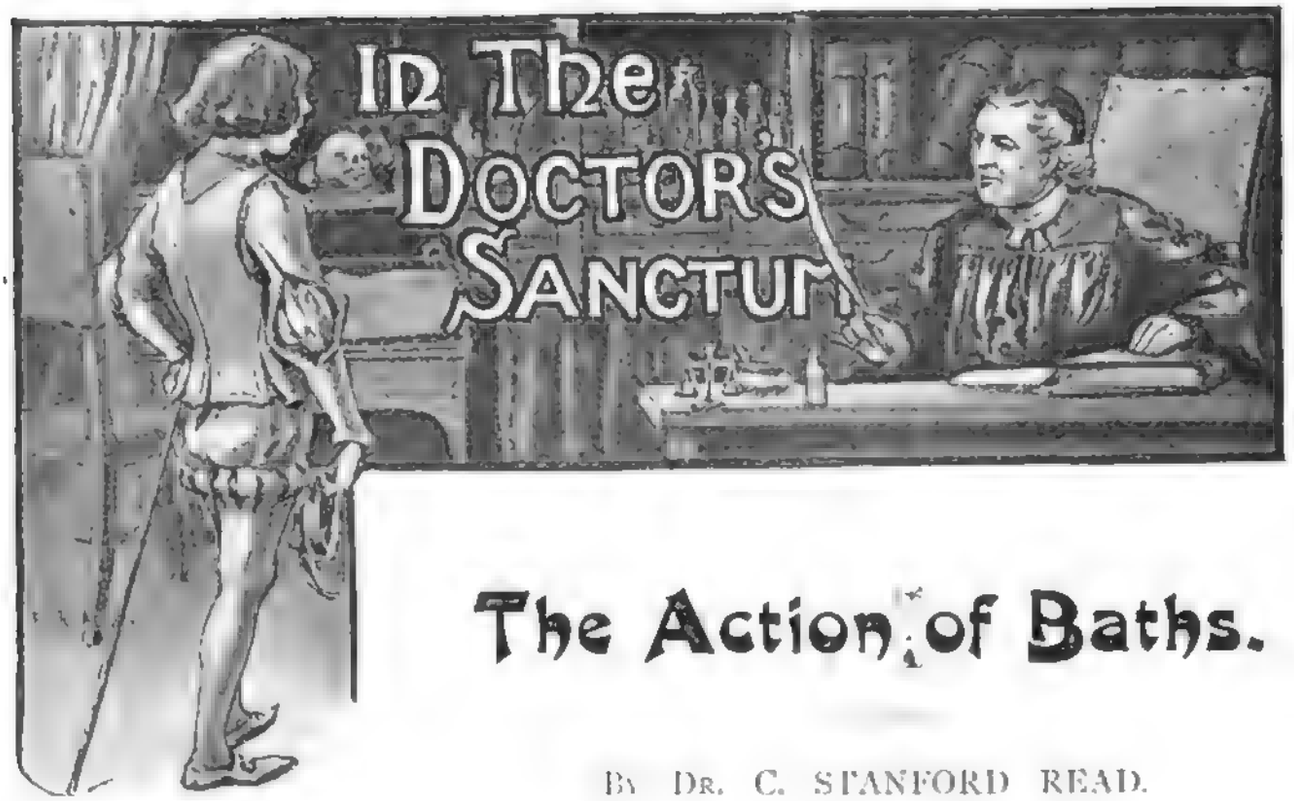
Owing to so much demand on our space this month, we have been compelled to withhold the instalment of "The Stage Physical" until our next issue.

ALADDIN'S LAMP WHICH COST £1,000.
(See "Physique at the Hippodrome.")



The Action of Baths.

By Dr. C. STANFORD READ.

BATHS enter to such an extent into the lives of physical culturists that a few words concerning their action should be acceptable in these pages.

In human beings, the skin of the body, unprotected by any natural covering, reacts the more readily to cold and heat; in most races this sensitiveness is increased by the habitual use of clothes—the clothes form a sort of zone around the body, in which the temperature stands with tolerable regularity at 98·4° Fahr. In order therefore to obtain definite action and reaction, it is necessary that the water should have a temperature some degrees above or below 98·4° Fahr. It is obvious also, that on account of its greater specific heat, water is much more active than air of the same temperature in inducing a reaction. On the proper bringing about of a reaction the good results of bathing largely depends.

When a healthy man jumps into a cold bath, or has a cold douche applied over the whole or a considerable area of his body, he receives an impression of cold, shivers, and after an almost involuntary pause of breathing takes a very deep inspiration. The skin becomes pale, and owing to the contraction of the involuntary muscular fibre in this region, presents the appearance known as "goose skin." When the man gets out of the bath, or sometimes even while he remains in it, these primary effects give way to the phenomena of the "reaction." The skin then becomes somewhat reddened, and an agreeable sensation of warmth is experienced. He breathes more easily, and has a general feeling of comfort and capability for exertion. This is the reaction to cold: it depends in degree and rapidity on the temperature of the water, the length of the application, and in the case of a douche, on the force with which it is applied. This reaction is assisted by movement and by friction of the skin, and varies very much with the health and strength of the individual, and also depends to some extent on his previous habits as regards cold bathing. By those who are accustomed to take the morning cold bath, the shock at first experienced is not deemed unpleasant, and

the reaction sets in much more easily, and certainly more speedily. The pallor of the skin at the beginning is due to the contraction of all the minute blood-vessels at the periphery, which of course sets up a corresponding dilatation of the vessels internally. This diminution of surface blood supply effectually prevents much loss of heat until heat-production is increased, and at the same time, owing to this contraction of the superficial blood-vessels, the blood-pressure is raised and the action of the heart is increased.

When the reaction sets in the surface vessels dilate, the blood-flow through the skin being thereby increased, so as to give a comfortable sense of warmth in the skin which we know as the "after-glow." These phenomena we have spoken of are not due to any action on the muscular fibres of the vessel walls, but to the effect of the cold on the part of the peripheral nervous mechanism which governs the blood-flow through the skin. It is a "reflex" mechanism which is acted upon, for we find from experiments on animals that these phenomena do not take place in parts in which the nerves have been severed, or in the case of paralysed limbs. The exaggerated breathing experienced at the beginning of a cold plunge is also due to reflex action, and these increased movements of respiration are attended with an increased output of carbonic acid from the lungs, and a correspondingly increased intake of oxygen. There has to be an increased combustion in the tissues, as some increased heat-production is necessary to make up for the heat given up to the cold bath. Shivering must be regarded as part of the means whereby nature causes increased heat-production.

By the cold bath the action of the bowels is promoted, and this is partly due to increased movement of the intestine and partly to increased intestinal secretion. Besides this, the appetite is stimulated, the digestion of food aided, and the tonic effects on the nervous and muscular systems increase the desire for physical exertion and make work feel lighter.

When the water used is hot a different effect is produced, for whereas the chief ultimate effect of cold stimuli to the skin is *tonic*, that of warm stimuli is *sedative*. The hot water quickly produces a dilatation of the peripheral blood-vessels, which lasts during the rest of the application, and then slowly passes off.

This dilatation of the superficial vessels, with the subjective feeling of warmth, is the characteristic effect of hot applications. Increase in the secretion of sweat and in the respiratory movements are also noticed. The whole constitutes the reaction of the body to heat, and thus the organism increases the loss of heat to counteract the heating effects of the application. In addition to the local sedative action of hot applications on the sensory nerves, as seen in the application of poultices and hot fomentations, there is a general sedative action exercised by heat when the application is general and sufficiently prolonged. This general sedative action is shown by diminished desire for exertion, and is probably explained by the partial emptying of the deeper blood-vessels and the slowing of the blood-streams, which must accompany the dilatation of the superficial vessels and cause a certain amount of bloodlessness of the brain.

Hot applications tend to cause constipation, and this may be due to diminished movement of the bowels, or, perhaps, to a diminution in the intestinal secretion from the increased excretion of sweat. I have not space here to speak of Turkish baths, but in conclusion I must lay stress on their use as a valuable adjuvant to health and strength. No one who is anxious to be and to keep in the "pink" of condition should forget to pay an occasional visit to the Turkish bath.

The Delightful Art of Swimming.

By "MERMAID."

PART II.

Illustrated by Photographs.

SOMEWHAT shallower water should be selected than for the arm movements, the friend standing in it a little more than waist deep facing seaward, and holding in her hands a stout stick (a blind roller about three feet long and an inch and a half in diameter is excellent for this purpose), grasped firmly about six inches from each end. The learner then takes hold of the stick in the middle and extending her body in the water, allows her legs and back as far as the shoulders to sink just below the surface, the back being slightly hollow. The knees should then be bent and drawn up well underneath the body, leaning the chest all the while upon the surface of the water. This act of bending the knees forces the body away from the stick to which the learner is holding. The next movement is a quickly made kick, with which the legs should be opened to their widest extent, the heels being turned downwards, the toes pointed upwards, and the general position of the feet occupying what is known as a "spread-eagle" position. Next an almost complete semi-circle should be described with each leg, the toes gradually dropping as the limbs attain the widest point of separation. By a continuance of the backward and circular movement, the legs (these should be *stiffly* extended) will almost touch at the finish of the stroke, when they should be in a straight line with the body, the toes pointing to the rear. It should be noted that during all these movements the back should be kept as flat as possible and the shoulders should on no account be humped.

It should also be remembered that the object of these leg movements is not to propel the body *out* of the water but *through*

ARM MOVEMENTS (FIG. 8).

it. After the movements have been completed the feet should be allowed to rest on the sand, and the new series commenced without hurry.

When the learner finds that she is actually pushing herself forward through the water she should attempt to make all the movements strictly consecutive, and without any appreciable pause between them.

The combination of the arm and leg movements is what constitutes the act of swimming. To perform this the water should be rather deeper, say nearly up to the armpits. The teacher should place one hand underneath the learner's chest to give the slight support that will at first be necessary. The first thing to be done is to bring the hands close in front of the chest, the elbows at the sides, the fingers and thumbs closed, with the palms slightly hollowed and turned downwards. The arms must then be shot out straight in front, and swept backwards as we have before described. During this movement the first of the leg movements (the drawing up of the knees) should be carried on simultaneously. It will then be found that as soon as the legs have come into position the hands will have assumed one close together and just beneath the chin, with the fingers touching and pointing straight outwards. The hands should then be shot out steadily straight in front of the chest as the legs are kicked open as far apart as possible, the knees at the same time being straightened (Fig. 9). When the arms have reached the greatest point of extension the thumbs are turned down once more, the stroke being completed by the backward sweep, whilst the legs are kept stiff. The latter are then sharply bent and brought back into their first position for a recommencement of the movements.

ARM MOVEMENTS (FIG. 9).

One or two points to remember. In learning, never hurry over the different motions. They must be continuous, not quick. Hurry brings only too often an ungraceful and

PLUNGING INTO DEEP WATER (FIG. 12.)

ineffective style. The attempt to swim as low as possible should be made from the outset. To do so is a considerable gain of power and speed.

The proper moment to expel the breath (and this is a matter of importance) is when the hands are extended in front, supporting the head, the inhaling being accomplished when they are being swept back. Breathe as much as possible through the nose, and throw the head back so as to keep the chin and mouth up and well clear of the water.

Once the breast stroke style of swimming—such as we have described—has been thoroughly mastered, other forms, including swimming on the back, feet foremost, the side, and other fancy ones, will be easily learned.

But it is not likely that the swimmer will long be content to enter the water by so tame a method as walking into it. A few hints upon the simpler forms of diving may therefore prove useful. The first thing to ascertain, ere attempting any dive, is whether there is a sufficient depth of water to make diving safe. Many really serious accidents occur every season through lack of this precaution.

Early attempts at diving should be made

DIVING—FIRST POSITION (FIG. 10).

DIVING INTO DEEP WATER (FIG. 11).

from only a slight height above the surface, and less than four or five feet of water is unsafe for any but practised plungers. The stern of a boat, edge of swimming bath or of raft, is quite sufficient altitude from which to make initial attempts. The height may be gradually increased to ten or fifteen feet with practice. The attitude assumed to enter deep and shallow water varies considerably. In the first case the body should be made to enter the water at an acute angle; in the second at a much more oblique one, so that it may, as it were, skim along but a little depth beneath the surface, as much impetus should also be obtained by the "send-off" (*i.e.*, push against edge of boat, bath, raft, or diving stage), as possible. In Fig. 10 we see the first position for both kinds of diving. In Fig. 11 the last position assumed before darting forward into deep water; and in Fig. 12 the position assumed ere plunging forward into shallow water.

For diving into the former the knees should be slightly bent, the arms held as shown, and the body then allowed to fall over into the water, the legs being straightened with a sharp jerk just as the shoulders reach the surface. The hands are kept straight out until it is desired to return to the top. To do this the palms should be bent back, and a few upward kicks given. It should be remembered that the higher one is above the surface the farther out one must launch oneself so as to obtain a safe and graceful

THE BACKWARD DIVE (FIG. 14).

angle at which to enter the water. It is also frequently necessary to swim a few strokes so as to regain the surface ere the breath is exhausted after diving into very deep water from a considerable height. (Fig. 13.)

The shallow dive should be accomplished by the feet being placed close together on the edge of the bath, plank, or raft, the toes having a firm grip with which to launch the body forward. The latter should be bent forward, the hands hanging a little to the rear and the knees only slightly bent. The arms are swung back to gain impetus, and the body at the next instant launched forward by means of the sudden straightening of the knees. The hands are at the same time shot forward as far as possible, whilst the toes give the last push off from the edge.

Another method of diving which may usually be seen at baths and at the seaside when bathing takes place from stages or piers is feet foremost, the object being to drop "plumb" into the water with the hands held closely to the sides. The backward dive (Fig. 14) is also popular with experts, and when well done is both graceful and effective. The main thing in diving is to obtain a graceful, unostentatious style, which gives above everything the impression of ease.

DIFFERENT STYLES OF DIVING (FIG. 13).

Our Ladies' Pages.

MRS. ADLER, presiding at the annual meeting of the subscribers to the Jewish Crèche, Whitechapel, in the absence of Lady Rothschild, the president, made some most interesting remarks with regard to physical culture and the young of the poorer classes. In proposing a vote of thanks to the voluntary helpers, Mrs. Adler said they heard much nowadays about physical deterioration. A cursory glance at their babes would exemplify the truth of the observations of a doctor of much experience, who asserted that all children were born healthy and strong, and that the degeneracy of physique which was to be observed was due to causes which could be controlled. These causes were malnutrition, want of care and cleanliness, and ignorance on the part of the mothers. The appearance of their little charges fully justified this assertion. They gave the simplest of food at fixed intervals; they gave them the advantages of fresh air and pure water, of warmth and light, and with these forces the delicate child was transformed into a perfect picture of health. They were endeavouring to inculcate these lessons by inviting the mothers, periodically, to be present at the bathing and feeding of their little ones, and they hoped that, in time, their object lessons might be of some effect.

* * *

Dr. Ethel Williams lectured recently at the Lovaine Hall, St. Mary's Place, Newcastle, under the auspices of the Tyneside Physical Culture Society, on "Respiration and its relation to Exercise," and she dealt with helpful and harmful exercises. The structure of the lungs was clearly explained by the lecturer, who pointed out the great necessity of learning to breathe regularly and properly. Rowing and swimming were capital exercises, as in each of them almost all the muscles of the body were brought into play, and especially those of the chest. One could not excel in the art of swimming unless deep and regular breathing had been practised. Swimming would be an absolutely ideal exercise but for one thing. The disadvantage was that while we were immersed in the water we could not perspire. That was why rowing was thought the ideal exer-

cise. By practising one exercise or another everyone ought to acquire the art of breathing properly. To those interested in physical culture the lecture was highly instructive and helpful, and it was enthusiastically appreciated.

* * *

Last winter in Paris was especially a time for original dance ideas. First it was the cake-walk — the negro cake-walk from America. It not only captured that city, but all France, and along with it Europe. In Berlin and Vienna, Vienna particularly, where French manners are always exaggerated, the social world was shaken by the contortions of the new step. The only people in Paris who did not take up the cake-walk were the American residents. The pretty girls of that nation persist in rather learning the minuet, the gavotte, the pavan, and other native dances, which lend grace to the body and add greatly to its health.

A FRENCH BATHING COSTUME.

(*See* "The Delightful Art of Swimming.")

In attempted succession to the cake-walk, some social leaders who wished to exploit their physical charms by emphatic attitudes have introduced the bouree, a lively old dance from Auvergne. Finally in the saltatorial procession appears an entirely new movement.

It is entitled the Veil Dance, and has been given quite a public impetus by the admirable manner of its performance by several stars of the opera ballet. It resembles in some degree, less the light effects, the serpentine dance of Loie Fuller. It has already been extensively adopted, and the younger set are busy practising its graceful gyrations before their cheval-glasses. With this the choreographic innovations of the season may be said to stop, but it certainly has been active in the direction of the dance.

* *

Lady Violet Greville, writing in *The Graphic*, is very hard on the young lady who chooses out-door sport as a means of recreation. In fact, she seems almost unfair in her remarks, for she states that although male athletes, in both appearance and walk, are examples of ease and gracefulness, girls, on the contrary, move in most ungainly fashion. Certainly, in some respects this is right, but to the unprejudiced eye it can easily be seen that this ungainliness, if such it can be termed, does not come from the participation in sport, but rather from the fact that the young lady, in her effort to imitate her brother, considers free action of the limbs necessary, and so carries it to an excess, producing that loose swing, which is chiefly noticeable in the girl who favours hockey or

golf. The athletic girl should remember that sport has as its chief aim the setting up of the body, and although it cannot in itself achieve much in this respect, still with systematic exercises the whole of the body may be braced up, and the "floppy" appearance, which annoys Lady Greville so much, will soon disappear. Lady Greville apparently includes the whole sporting curriculum in which ladies engage, but surely she does not suggest that hunting, for instance, is a branch of sport which tends to produce ungainly girls. We venture to think, on the whole, there is less ungainliness amongst girls who favour certain branches of sport than in the old days when the athletic girl was unknown.

* * *

THE GOLF GIRL.

The soldier's stride betrays his trade,
The minstrel's known by his hair;
And the gay golfess you can always guess
By her cherry cheeks and her half-mast dress,
And her use of the "bunkered" swear.
The biting frost and the dismal rain
May keep other folk indoors;
But the leathern sack is upon her back,
And her cherry cheek and her lusty whack
Are out—though the tempest roars.
Let others praise the lustrous eye,
Or the nose of Greek design;
I sing my hymn to the seraphim
Of the cherry cheek and the muscled limb—
And I would that the last were mine.

J. C. H. B.
(*Golfing.*)

* * *

The late Sir Edwin Arnold was a great believer in healthy exercise for women, and an exceedingly interesting article emanating from him appeared recently in the *Daily Telegraph*. Sir Edwin commenced by pointing out that the last twenty years, according to the testimony of all observers, have worked wonders for the physical good of womankind. That period is practically a generation, and the full issue, therefore, of this great change has yet to be manifested. The young women who are now becoming or have lately become mothers are healthier, stronger and better fitted for the duties of life than were their mothers and grandmothers, even though they belong to the numerous class which has been herded for many years in mills and factories.

"It would be difficult to enumerate the causes which has produced the welcome result," says Sir Edwin Arnold, "but I should put first the spread of popular Education, which has directly or indirectly taught even the most ignorant the great truth, that to be healthy depends principally upon the person concerned and upon the observance of two or three very simple laws of Nature. Next came the salutary incidents attending the invention of more than one out-of-door pastime widely available for girls, such as croquet, lawn tennis, hockey and the bicycle. If accurate statistics could be obtained, I think we should be astonished to learn how many weakly frames have been rendered robust, and how many lives directly or indirectly prolonged and brightened by those new forms of open air exercise. We want more of them; we ought to encourage and reward that eminently useful kind of social genius which can create such a recreation as lawn tennis furnished. And if, as I have often wished, every future Cabinet in Downing Street contained a Minister of Public Amusement, such inventors would be specially distinguished as benefactors of their age.

"No doubt it is extremely difficult to hit upon any novel pastime or pleasure which shall be at once attractive, emulative, inexpensive, everywhere available, and in its conditions hygienic. Most good games are of immense antiquity, and in their adoption by modern nations of differing race have to be modified, and must accommodate themselves to the taste and temper of their latest home. Among the most ancient may be reckoned knucklebones, the Italian game of "mora," shuttlecock and playing with a ball.

"Nature sometimes permits or forbids the success of a sport which regenerates the

whole people. England, for example, with her expanse of green grass, seems made for cricket, and if that game could be introduced and adopted by the Japanese I do not know any single reform which would prove a truer blessing. To make cricket universal among the subjects of the Mikado would give them an exercise healthy, manly, and absorbing, which is greatly needed, while the cultivation of turf would imply the creation of grazing grounds for sheep and cattle, of which they are now so destitute that in Japan you never see two or three cows together; indeed, I have paid a copper coin in one of the villages as price of admission to inspect that wonderful animal, a sheep shut in a cage! Why, then, does not Japan borrow cricket from us, as it is to be hoped she will soon take the Roman character for the printing of all her books instead of that cumbrous and costly 'Honji,' the Chinese characters of which rob every Japanese boy and girl of five or six years of their school time? The answer is that she cannot. A dwarf bamboo grows all over her downs and uplands, which pricks the living membrane of any grazing creature into inflammation and death, and this, 'tis said, absolutely forbids her the cultivation of turf, which, indeed, is nowhere seen from end to end of the country.

"Cricket, however, is not a game for girls or grown-up women, and, in continuing to encourage athletics as a most important part of female education in the United Kingdom, those are wise who insist that such pursuits would be pressed too far if they tended to change women into men and to create champions and athletic prodigies where the nation would fain see healthy wives and mothers. It is good to behold the strong and vigorous frames, the rosy cheeks, the graceful step, the superb and stately figures which have become common among us since this age of exercise so happily dawned; but no one wishes to observe too many of such devotees of the gymnasium as are described to us in the subjoined passage from the pen of a lady of long experience: 'I am aware

THE LATEST PARISIENNE DANCE—THE VEIL DANCE.

that some have done well at high jumping and in men's athletics, but they are rare exceptions which prove the rule. They spoil their carriage and deportment, develop muscle at the expense of gracefulness, give an unnatural forward inclination to the head, and, above all, a strained, tense expression to the face. You can see this for yourself in any gymnasium frequented by ladies, and much the same description applies to the most violent exercises performed by girls and women.

"A too ardent passion for exercise tends to unsex a young woman, the true ideal being that she should develop and bring to their best uses those special points which make her womanhood perfect. The Greeks, who were masters on this subject, never allowed their women to cross the line which separates the glory and the beauty of Artemis or of Pallas from the massive dignity of a hero or a god. In their best statues, and almost nowhere else, can be observed to what splendid perfection Nature can bring her archetype of lovely line and form, the happy female soul inhabiting the faultless female body. The legend is that in order to execute his greatest work—the image of Pallas Athene for the Acropolis—the sculptor Phidias selected their several charms from fifteen of the most beautiful maidens in Attica, so lofty was his conception of what a woman may be, so rare is it that they do full justice to the building of that palace of flesh with which Nature ever strives to endow them. Shall I be thought too bold, or accused of patriotism more complimentary than sincere, if I venture to express the opinion that the renowned artist of antique Hellas might have found in Great Britain that which he sought, and without taking nearly so much trouble?

"Yet, in sober truth, and with no want of respect to ancestors, it will hardly be denied by any good observer that the rising generation of womanhood does display an extraordinary advance in comeliness, grace of carriage, and healthy development of the physical side of life beyond that of past generations. Those same high authorities, the ancient Greeks, valued feminine beauty not merely for its own sake, but because of the harmonious adaptation of body to soul of which it was the outward and visible sign. If the pagan world could so honour and revere mere human beauty, there is more than ever reason in a Christian country like this, and with better and higher knowledge, to estimate, as it deserves, the dignity of the body and the duty of educating it to be the obedient and willing instrument of the spirit. Everybody has heard of that solemn text, 'What, know ye not that your bodies are temples of the living God?' It seems far, perhaps, to contemplate such a height from the low ground of a few casual observations upon the modern culture of hygiene; but the road is straight and plain between, and there will be more and more of right living and lofty thinking as we multiply the number of those who understand and practise the reasonable use and instruction of the body."

* * * *

"Natural waists or no wives" is the motto of the growing Anti-Corset League at Birmingham, the membership of which is rapidly increasing. The women members are pledged to abandon the use of corsets, bands, or other tight clothing round the waist. Mrs. Grace Alcock, the hon. secretary, claims that the reformed dress, instead of being slovenly and ugly, is hygienic and beautiful, imparting grace, dignity, and comfort to the wearer.

* * * *

The following interesting and pertinent remarks from the Paris correspondent of *The Daily Telegraph* should provide interesting reading for many ladies. He says: "A 'feminine league of physical culture' has been started here by a lady, who says that she has learnt from her own experience the need of athletics for women as well as men. She was brought up to consider that all outdoor sports were unwomanly. She married

a man of feeble constitution, and has two children, both weakly. Finally she fell ill herself, and was pronounced by a doctor to be going into a rapid decline. Having made up her mind she was dying, she went to spend the few months she thought she had to live in the country. There, however, instead of lying down to die, she took it into her head to force herself to walk, to bathe, and to go in for violent exercise. After a year or so she was another woman, and when, on returning to Paris, she went to see her doctor, he did not know her, and told her, when she related her experience to him, that the physician who had pronounced her case to be hopeless was a fool. Then she told him that if that were so, the fool and he were the same person, and he did not like it. Now, thanks to constant exercise, the lady says that at fifty-three she is a strong woman, after having been almost an invalid from five-and-twenty to thirty years. Her own experience induced her to start the league in question, and to open a school of physical culture, which is attended by about twenty girls, who are trained by a male professor and by herself. She is a passionate believer in athletics for women, and her ambition is to win every French mother over to her views." [May she succeed, Ed. *S. M.*]

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Mdlle Genée, the première danseuse, now scoring so distinct a success at the Empire, in the course of a recent interview, expressed her opinion that breathing exercises are very necessary for dancers. She is a most energetic worker, practising two hours every day, in addition to rehearsals and playing each night, and her ability to continue this fatiguing labour she attributes in a great measure to systematic exercise and the proper control of the breath. She finds it results in great buoyancy and elasticity—enabling her to perform the most difficult dances—and in the power of reserving and controlling her energy.

* * * *

Miss Flora Brewster, in an article in "La Culture Physique," describes the injurious effects novel reading has upon the nervous system of young girls. Combined with lack of exercise and inappropriate clothing, this assimilation of too often unhealthy reading matter weakens the nerve centres which control the force called Will. She points out that each of these nerve centres is separately under the control of the individual, and each works independently of the others. In a state of health each is active and alert, ready to respond to every exterior call upon it; but if one set of nerves is unduly and wrongly excited they induce hysterical and morbid tendencies, and exercise complete sway over the actions of the individual, the others lying feeble and dormant.

That, she observes, has an immense influence over our state of health. To think a thing is to create a thing; to brood upon imaginary sorrows is to cause those sorrows to become accomplished facts. Similarly, exciting and unwholesome reading tends to lower the moral tone of the mind, and in so doing to lower the physical well-being of the body.

"Thus," she says, "the greatest care should be taken to put injudicious reading out of the power of the young. Recreation is one of Nature's greatest necessities; but this surely can be taken in other forms, and in such forms as will benefit, and not injure the health. May the day soon come when the pursuit of outdoor games and athletics may entirely supersede the reading of the penny novelette."

Our Dress Rehearsal for the Gordon-Bennett Race.

By S. F. EDGE.

"WHY," enquired a friend recently, "do you motoring men make all this fuss about the Gordon-Bennett Cup? What is it worth? A couple of hundred guineas or so?"

It is only fair to remark that the intelligent gentleman in question has just returned from a prolonged tour in the wilds of Siberia, where, presumably, he found himself unable to keep pace with the march of events in more civilised lands.

As almost everyone knows, the intrinsic value of the "G.-B." to its winner is no more the measure of its real importance than is the strip of blue ribbon which graces the proudly-arched neck of a Derby winner.

Great as have been the strides made towards perfection in the making of automobiles during the last five years, it cannot be denied that a very large section of the public still regards motoring and the motor industry as, at best, undergoing an experimental stage.

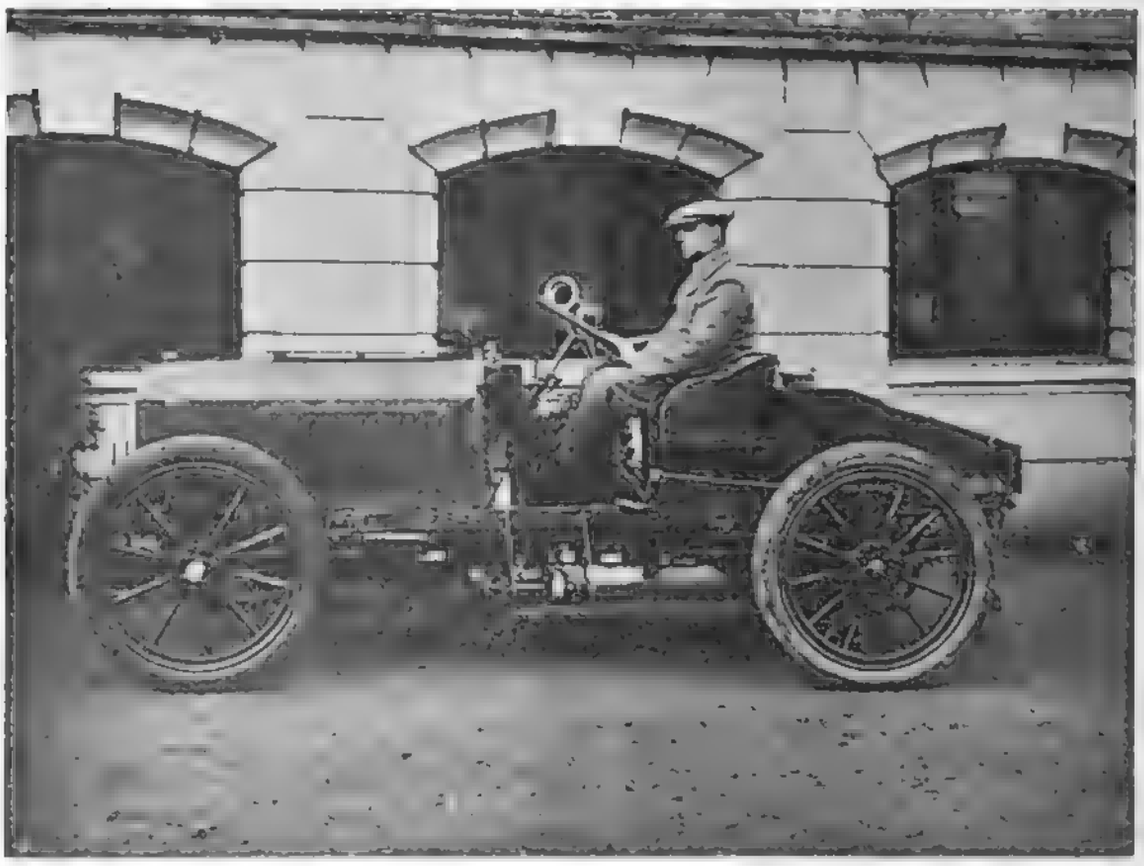
By these, the winning car in the great International event is—if not the "true embodiment of everything that's excellent"—at least regarded as a practical guarantee that the highest point of attainment yet achieved in automobile construction has been reached by its makers. People who desire above all things to be in the front rank of progress accordingly clear their garages—as motor "stables" are termed—of all other examples, and invest in the type of car whose superiority has been stamped with the seal of success.

From £50,000 sterling to twice that amount may be taken as the commercial value of the "Motor Derby" to the makers of the winning car, and it is not surprising therefore that all those builders with any pretensions to first rank should enter into a keen and very costly competition for the honour of representing their country in the great race.

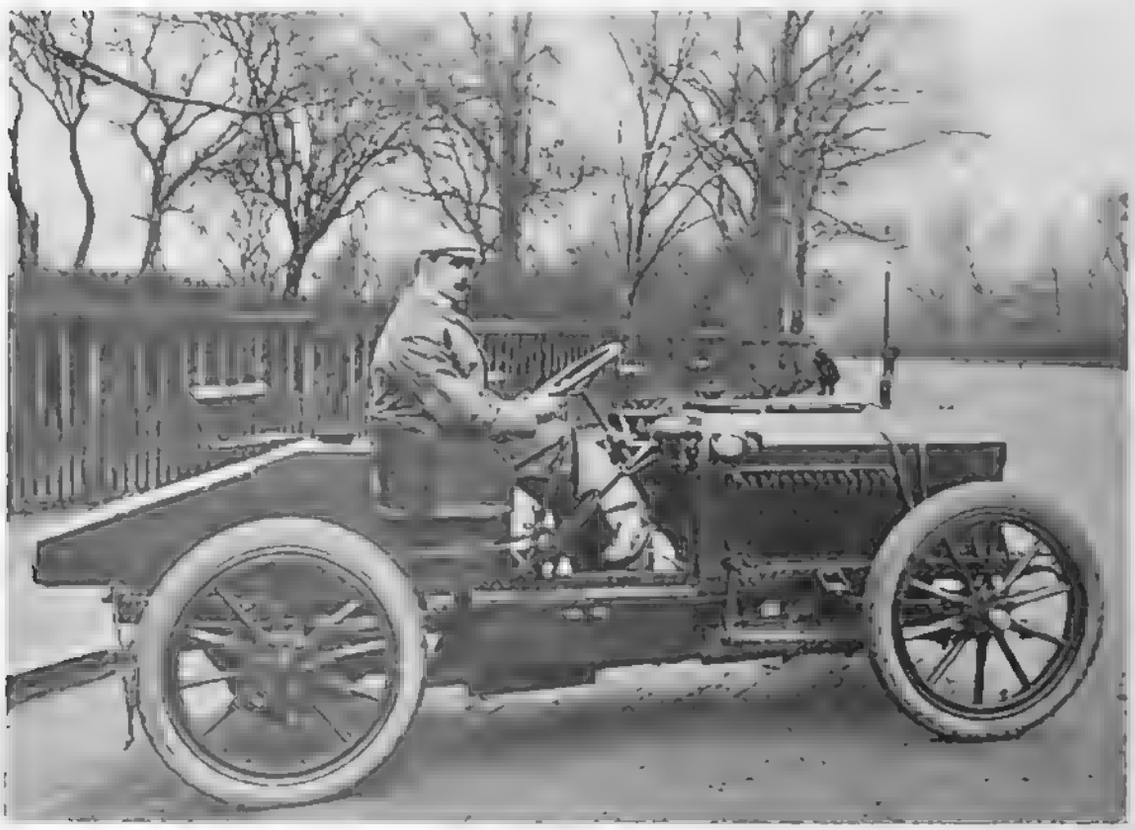
Only three cars from any one country may compete in the "G.-B.," and to determine upon which the onus shall lie, series of what are termed eliminating trials are about to be held in England, France, and America. Germany won the race in Ireland last year, but as only two Mercedes and one Opel-Darracq cars have been entered for this year's event, no eliminating process is necessitated.

In England the case is different, and no less than fourteen cars have been entered and these will be put through their paces in the Isle of Man over a fifty-mile course, on Tuesday, May 10th. The cars will be started at intervals of four minutes from a point one mile to the westward of Douglas, and each will make a circuit of the course six times, the total distance to be traversed being a little over three hundred miles. This is a much more arduous trial than any yet undertaken in preliminary events, and besides affording a thorough test of the capabilities of both cars and chaffeurs, will present a splendid spectacle to the thousands of people who are certain to find themselves in Manxland on the eventful day.

MR. S. F. EDGE ON THE NAPIER RACER WITH WHICH HE WILL COMPETE IN THE GORDON-BENNETT ELIMINATING TRIALS.



MR. JOHN HARGREAVES, M.F.H., ON 75 H.P. NAPIER RACING CAR WHICH HE WILL DRIVE IN THE GORDON-BENNETT ELIMINATING TRIAL RACE



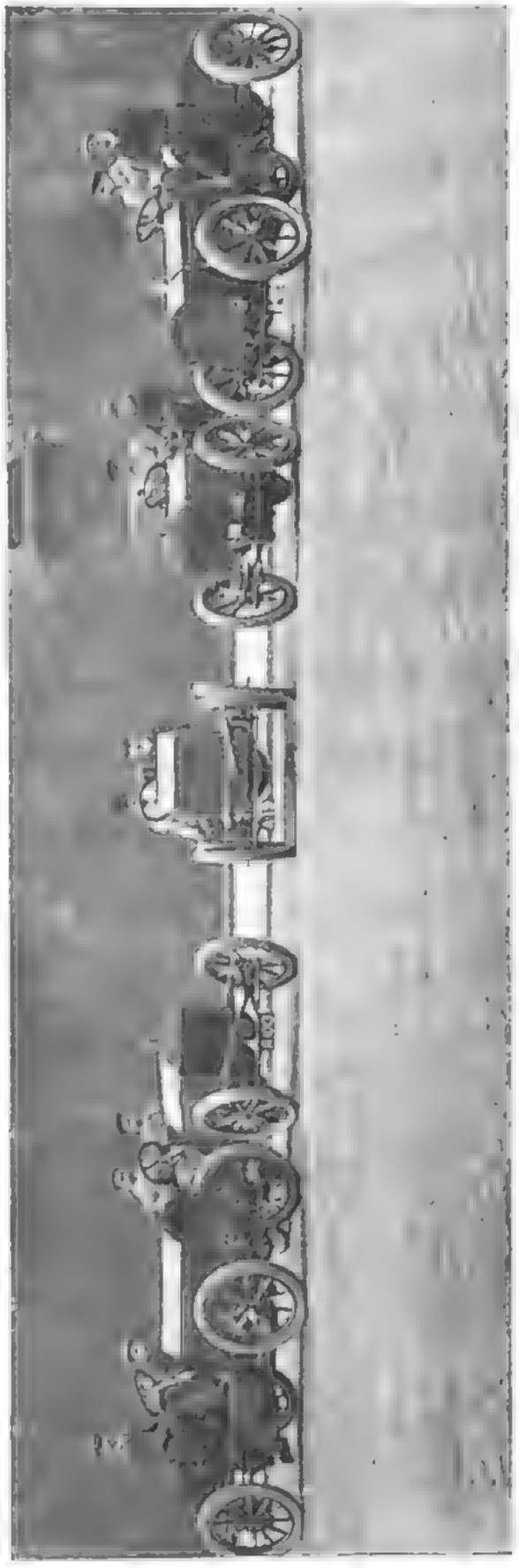
MR. J. W. STOCKS ON 80 H.P. NAPIER, ONE OF THE CARS FOR THE GORDON-BENNETT CUP TRIALS.

Very elaborate arrangements have been made by the Automobile Club Committee and the authorities in the Isle of Man, and the great English "dress rehearsal," granted fine weather, bids fair to be an unqualified social and motoring success. Trains and trams, where they touch the line of route, will suspend operations while the trial race is in progress, a body of five hundred specially-enrolled constables will patrol the course, and every precaution for the safety of the public and the competitors will be taken. In addition to the eliminating race, there will be on the two following days hill climbing trials, and a number of speed races along the Promenade at Douglas.

Now as to the cars and the men who will drive them. As I have remarked above, fourteen nominations were received by the Club Committee. Of these, three were entered by the Darracq Company, three by the Wolseley firm, three by Messrs. Hutton, and the remaining five are Napier racing cars.

Mr. Arthur Rawlinson, who will steer the Darracq first string, is a motorist of great experience, nerve, and resource. He has driven in many races, and attained some high speeds. In addition to his great reputation as a motorist, Mr. Rawlinson is also known to fame as an expert and untiring polo player. It is admitted on all sides that he will give a great account of himself in the trial.

Another well-known sportsman who will be seen steering one of the racers is Mr. John Hargreaves, who will drive a Napier car of 75 h.p. Mr. Hargreaves is Master of the Blackmore Vale Hunt, and his *début* as the first M.F.H. to become a racing motorist is a most interesting and significant sign of the advance of automobilism as a great English sport. Then there is Lieut.-Col. Mark Mayhew, who, on his 80 h.p. Napier at Nice last month, covered the kilometre — with flying start — in 27⅕ secs., a rate equal to 82·19 miles an hour. Col. Mayhew, who is one of the most enthusiastic motorists in England, has taken part in many speed races, notably the Paris-Madrid affair last summer,



THE FIVE NAPIER CARS WHICH WILL COMPETE IN THE GORDON-BENNETT CUP ELIMINATING TRIALS.

when he ran fifth in the first and only stage, having passed more than fifty competitors by the way.

Mr. Charles Jarrott, who is expected to do well on the 90 h.p. Wolseley car, is also known to fame as a tried and daring rider, as is Mr. J. W. Stocks, who will steer one of the 80 h.p. Napiers. The Hutton cars were unfortunately not completed in time for the official inspection on April 16th, and are not eligible to compete. Of the remaining competitors most have yet to win their spurs—or shall we say caps—as competitors in a great public performance, but it may be accepted that every man will do his duty to his machine and its maker as becomes an Englishman.

Of myself, I can only say that my 80 h.p. Napier has pleased me greatly in some preliminary spins, and I hope will prove a worthy successor to the racer by means of which I was enabled to bring the Gordon-Bennett Cup to England for the first time since its inauguration, two years ago.

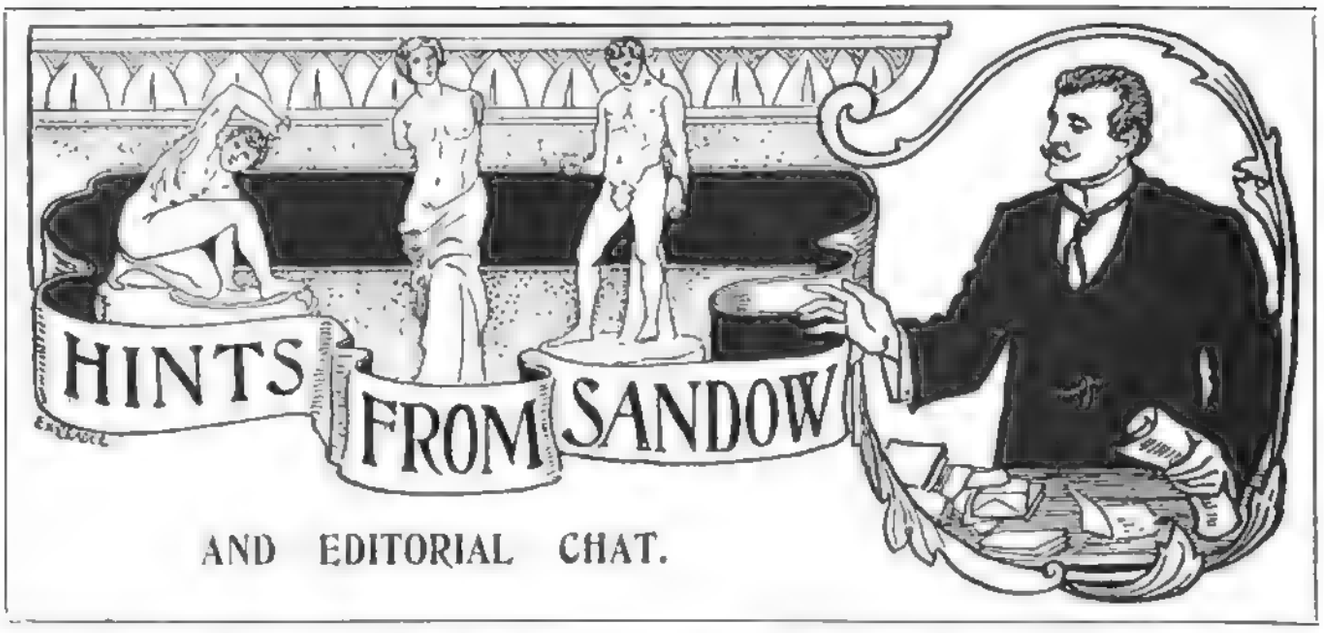
ONE OF THE 72 H.P. WOLSELEY CARS FOR THE GORDON-BENNETT ELIMINATING TRIALS.

THE arrival in London, shortly after the conclusion of the Hackenschmidt-Madrali wrestling match, of a Continental champion of robust build, who intended to challenge the conqueror, will be remembered; it will also be remembered that nothing came of the matter, and it is possible that some of my readers shared the feeling of disappointment I had when the advertised dramatic challenge this same champion was to make to Jack Carkeek also failed. Apollion, the new comer, did, I fancy, make one appearance as a champion wrestler, a rôle somewhat new to him, as he had never wrestled a serious bout in his life, and in France was altogether unknown as a wrestler, although his abilities with regard to the handling of heavy-weights were admitted. Those who saw Apollion (not the person made up to represent the Frenchman) were enthusiastic over his magnificent appearance, his wonderful muscularity, the prodigious size of his chest and arms, and believed that physically he was well nigh perfect. Well, this giant, with the mighty chest and the huge biceps, was absolutely forbidden to indulge in wrestling because his heart was insufficiently strong to withstand the continued strain. He had started weight-lifting when very young, and before he was out of his teens was regarded as somewhat of a marvel; this is the price he has paid. I quote this case, proving the results that proceed from too early and too prolonged indulgence in weight-lifting, as a warning to those more or less muscular youths who think, because systematic exercise has brought about the appearance of some good, sound, hard muscle, they are qualified to tackle weights *ad lib.* They are frequently writing to the magazine on this subject, and I do not think I should be doing right if I did not emphasise as much as possible that heavy-weight lifting too freely indulged in is positively dangerous. To the well-trained athlete whose frame is developed and set, weight-lifting in moderation is not injurious; no one likes to see weight-lifting more than myself, or is more anxious to encourage the proper development of the sport, but I cannot too emphatically warn the immature youngster against it. Because some one else can do this, that, or the other, is no reason why every young fellow with a proper respect for his body, should want to do as well, or go one better. Lift weights if you like, but take care you are fitted for it, and don't overdo it; the ill-effects are not easily or quickly apparent, but they come just the same.

There are but few of the more prominent weight-lifters, amateur or professional, of recent advent, whom I have not seen, and some of the feats I have witnessed have been

"eye-openers," but nothing of the kind I have ever beheld has surpassed the marvellous performance of the latest foreign importation, champion wrestler and weight-lifter, Georges Lurich, at the display given under Mr. R. Spencer's direction at the Regent Street Polytechnic on the last day of March. I was completely astonished, nor were others present less surprised, not only at the feats Lurich actually performed, but the manner in which he performed them, while the impression conveyed opened up possibilities almost limitless of what he is able to do. There were strong men in plenty present during that evening, but without meaning any disrespect to them, they could not hold a candle to the Russian athlete, as they would, I feel sure, willingly admit. I shall have more to say concerning Lurich in my next month's article, so will content myself with giving but a brief description of his feats. Just to get his hand in, he first of all played with a 130-lb. bar-bell, pushing it up with both hands very slowly until it was above his head, and brought it down again almost at right angles to his body; then standing in front of the bell, he leaned over backwards, bending his body and legs into an arch, much after the style of "the human snake," sometimes seen at country fairs, and with his body supported on head and heels—a wrestler's "bridge"—brought the same bar-bell slowly over his head and held it upwards with one hand at the full stretch of the arm; then resting his shoulders on the ground, and supporting the bell with both hands, he held it aloft with three men aggregating about 34 st. sitting upon it. Without putting it down he then, the men having got up, twirled the big weight around like a teetotum, finishing by holding it at the stretch of his left arm and rising to his feet. Sitting down with the shaft of the bar-bell lying across his thighs, he next raised it over his head with the left hand, and twirling it around caught it with the right hand and bounded to his feet. Without having more than ten seconds rest, he astonished the spectators with a Russian trick lift, something altogether novel to nearly all present, and I believe, never before seen in this country. Picking up the 130-lb. bar-bell, he laid it on the back of his neck, bent forward, allowing the bell to roll to the small of his back, where he caught it with the crook of his right arm, and swung it clean across his hip round the front of his body, where it was caught by the bent left arm and swung across to the back again, the alternate movements being repeated more than half-a-dozen times. Most amazing was the sight of the heavy bar-bell revolving as it were around the man's body, the necessary impetus being given, of course, by a swing when either arm was hooked over the shaft, and more than one within easy range speculated uncomfortably on what might have happened had Lurich lost control of the formidable instrument. Mr. Geoffrey Bird did a fine slow press, while lying on his back, with a 250-lb. bar-bell, holding it at arm's length, while a 12-st. man sat on the bell, and he jerked a 205-lb. bell three times from the shoulder with great ease. The light-weight amateur champion, Mr. Caswell, also made a splendid two-handed lift with 200 lbs., pushing it beautifully all the way above his head in grand style. He could not, however, after a trial beat his own record for one-handed pressing, but raised immense applause by pressing with the right hand a gentleman whose weight was given as 13 st. 4 lbs., and who looked every ounce of it.

Hermann Maxim—the youngest of the Saxon Brothers under another name—after successfully pushing a 180-lb. and a 200-lb. bar-bell from the chest above the head, attempted 20 lbs. more, and after one failure, succeeded, thus establishing a record at this kind of lift for a man of his weight—12 st. Other lifts of this promising athlete, and many other interesting items, I am compelled to defer mention until next month.



AND EDITORIAL CHAT.

ALTHOUGH I have opened these pages for the purpose of coming into closer touch with my friends and readers, you must remember that space is limited, and I *cannot* prescribe courses here.

The attention of my readers is called to an announcement on page iii of advertisements.

All communications relating to Instruction by post should be addressed to me at Basing House, Basinghall Street, E.C., and these will receive prompt attention.

Ordinary replies cannot be answered by post.

Interested.—Yes, any of my exercises are suitable, although you might, quite reasonably, omit the leg movements. You do not require to do the two Charts on the same day, but on alternate days; or, if this is too much, a few exercises from either. Certainly, get a Developer and combine the whole.

A.E.C.B.—Your measurements are very fair. Your arms, thigh, and calf might be a little bigger with advantage, also an increase in weight. There is no hurry, however, as you are very young. Keep your usual work up, and take Plasmon in cocoa and powder form.

Nitram.—You will find several special articles on breathing in back numbers, also follow carefully instructions on Charts. Re measurements, you do not state your age, which is an important guide in determining what you should be. Roughly, I should say chest, arms, and thighs are a little below the normal, but nothing to worry about.

W. G. Kennell.—I strongly advise you to consult a doctor on the subject, as without seeing you I cannot advise in such a case. If your doctor allows you to exercise, a Course by Post would be an absolute necessity.

Bar-Bell.—I have not the faintest idea; why not purchase a second-hand one, they are very cheap.

A Matey.—I do not contemplate opening there at present. Metal, but not plaster reproductions may be obtained at the address of the Magazine. Thank you very much for good wishes.

Fiscal, Failsworth.—Your doctor may be right, he meaning internally. Remember, the strongest chain is only as strong as the weakest link. Exercise, however, will do you good, but it must be taken carefully. Postal Instruction is decidedly the thing for you; am forwarding you particulars. There is a School in Manchester, corner of Oxford Street and Whitworth Street.

A Reader.—If you are anywhere in or near London you must come to one of my various Schools. Failing that, a Postal Course will do you a great deal of good. I have cured many like yourself, so do not despair. Drugs are of no use whatever. I advise you to tell your parents, who might help you.

Lyons, Montgomery.—Your measurements are exceptionally good, but you should endeavour to get a true proportion. Your left arm, for instance, is considerably smaller than the right. Do not attempt weight-lifting for another six or seven years—you are much too young. I shall be pleased to advise you further when you come up to town.

Puzzled, Glasgow.—There is certainly something wrong somewhere, but from your letter it is difficult to locate. My only suggestion on the face of your information is that you are not doing the exercises correctly; remedy, take a Postal Instruction Course, which will ensure your having a more correct idea of what is required. Do not give up yet. Rome was not built in a day.

*

T. Murphy.—(1) They should be used in combination. (2) See advertisement in Magazine re Postal Instruction. (3) It depends entirely on the physical disposition of the pupil. (4) Roughly, about a month, but it depends on many things.

Late Pupil.—In all probability due to a poor circulation, which will improve with the violent exercise you are taking, viz., cross-country running. Have you any superfluous tissue; if not, it is hardly likely that you would develop more than a healthy glow. It is difficult to say without seeing them, but it is hardly likely; you will see for yourself in a very short time.

Maitland.—Your chest, upper arm, thigh, and calf require bucking up, but you are very young, so be careful not to overdo it.

A Troubled One.—I advise you to attend one of my Schools, or take a Course by Post, for particulars of which see advertisements in Magazine.

R. M., Glasgow.—It is very possible that I did so, but do not actually remember it. Am doing a similar feat at the London Hippodrome at present.

Mary.—This is a subject on which there is a great diversity of opinion, and one which is best determined by actual personal experiment. Without a personal interview I should not take any responsibility. I have known cases where exercise has been continued for four to five months, also the cold bath, but it is not always advisable. Exercise previous to the condition is the finest thing you could possibly do, and will strengthen the body generally but the local muscles particularly.

Puzzled.—Your weight is not out of proportion at all. Your chest requires expanding, your arms and thighs developing, and the calf muscles some attention. Remember, you are not yet matured, and do not try to force matters.

W. Stinton.—You are using too many springs; two only, for the first three months, would be ample, and then gradually increase them. This partly accounts for the local tired feeling, and for the measurement of upper and forearm being alike. Follow above instructions, and pay particular attention to Nos. 1, 2, 3, and 6 on Chart, and you will notice a difference. Your other measurements are fairly good. Do not worry about how much you can lift with one hand. It conveys nothing to the expert. A figure proportionate in detail is much more to the point, coupled with sound internal organism.

S. Taylor.—It is, indeed, myself. No, I fear I shall not be your way for some time, as I leave shortly for South Africa.

One Uncertain.—Your surmise is quite correct; all three men entered for the competition named, which was not recognised by the A.G.A., but, whereas, when this fact was made known to those affected, Mr. Caswell made apology for his unwitting indiscretion, Messrs Carter and Challingsworth did not, hence their suspension. The latter gentlemen, are, however, now reinstated by the A.G.A.

S. G. H.—Thanks for suggestions, but there are some already on the market. Glad to know you are doing so well, and that the Magazine meets with your approval.

NATIONAL PHYSICAL EDUCATION.

EDITORIAL NOTICE.

We have determined, in order to give prominence to the most important question of National Physical Education, to devote a certain number of pages in each issue specially to the subject. This portion of the Magazine will be under the supervision of a gentleman who has taken a leading part in the movement, but who, for the time being, desires to remain anonymous.

The question of National Physical Education will be dealt with in a thoroughly unbiased way, and every consideration will be given to correspondence received on the subject.

Progress in the movement will be carefully noted, and from time to time advice and suggestions will be inserted, which should prove invaluable to those who have the welfare of the children at heart.

We shall be glad at all times to receive particulars from schools, etc., as to the progress they are making, so as to enable us to place before our readers a more complete epitome of National Physical Education than is at present obtainable.

Sandow's Sports Bureau.

With a view to providing a medium whereby readers of his Magazine may obtain the best advice in the selection of various sporting implements, Mr. Sandow has secured the co-operation of experts in various branches of sport, whose opinions will be given free of all cost.

The benefits accruing therefrom to the purchaser are incalculable, for without any charge whatever, he will secure the assistance of one of the best men in every branch of athletics, in the selection of the articles desired.

Be it a bat, football, racquet, cycle, rifle, or anything else that may be required, all that the reader has to do is to write to the

Expert Department,
Sandow's Magazine,
131, Temple Chambers,
E.C.,

stating the nature of the goods wanted. The Expert will at once (by return post if possible), forward a quotation for the best article of its kind. On return of the quotation slip with the amount stated, the goods will be specially selected by the Expert, and forwarded. It will be definitely stated on the quotation sheet whether the price includes carriage or not.

This is not an offer to the general public, but only to readers of SANDOW'S MAGAZINE.

Sandow's Sports Bureau Coupon.

To the Expert Department, Sandow's Magazine,
131, Temple Chambers, E.C.

Please give your advice and particulars as to price, etc. of articles mentioned below.

Name .....

Address .....

Requirements :—

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CHIEF SPORTING FIXTURES
FOR MAY.

TURF.

*** *The figures in parentheses in this Index denote the number of days' racing at each Meeting.*

1—Paris (1).
2—United Hunts (Lingfield) (1).
2—Birr (1).
2—Pershore Hunt (2).
3—Hawthorn Hill Hunt (1).
3—Cork (2).
3—Chester (3).
4—Portsmouth Park (1).
4—Usk (1).
4—Hexham (2).
5—Paris (1).
5—Hambledon Hunt (1).
5—Louth Hunt (Ardee) (1).
5—Newport (Mon.) (2).
6—Kilmallock (1).
6—Kempton Park (2).
8—Paris (1).
9—Stratford-on-Avon (1).
9—Southwell (2).
10—Athlone (2).
10—Newmarket 2nd Spr. (3).
11—Shrncliffe (1).
11—Newton Abbot (2).
11—Keele Park (2).
12—Paris (1).
12—Nenagh (1).
13—Gatwick Spring (2).
13—Haydock Park (2).
14—Phœnix Park (1).
15—Paris (1).
16—Nottingham Hunt (1).
16—Clonmel (1).
16—Hall Green Hunt (1).
17—Sligo (1).
17—Clonmel Harrier Ht. (1).
17—Bath (2).
17—York Spring (2).
18—Dundalk (2).
19—Paris (1)
19—Doncaster Spring (2).
19—Salisbury (2).
19—Hamilton Park Spr. (2).
20—Cashel (1).
21—Harpenden (1).
22—Chantilly (1).
23—Cartmel (1).
23—Hexham (1).
23—Colwall Park (1).
23—Buckfastleigh (1).
23—Hooton Park (2).
23—Cardiff (2).
23—Hurst Park (Whit-Monday) (2).
23—Redcar 1st Summer (2).
23—Wolverhampton (2).
23—Metropolitan (Baldoyle) (2).
24—Dunbar (1).
25—Wye (1).
25—Manchester (4).
26—Chantilly (1).
26—Ballina (1).
26—Charleville (1).
27—Tubbercurry (1).
27—Brighton (2).
29—Chantilly (1)
30—Rathkeale (1).
31—Epsom Summer (4).
31—Tipperary (2).

CRICKET.

2—Lord's, M.C.C. and Ground *v.* London County.
2—Leeds, Yorkshire *v.* Notts (time-limit match).
2—Oxford, Oxford University Freshmen's Match.
2—Cambridge, Cambridge University Seniors' Match.
2—Oval, Surrey First XI *v.* Next XIV.
4—Lord's, M.C.C. Annual Meeting (5.30 p.m.) and Dinner.
5—Lord's, M.C.C. and Ground *v.* Notts.
5—Oval, Surrey *v.* London County.
5—Oxford, Oxford University Trial Game.
5—Cambridge, Cambridge University Freshmen's Match.
5—Oval, Surrey County C.C. Annual General Meeting.
9—Lord's, M.C.C. and Ground *v.* Yorkshire.
9—Oval, Surrey *v.* Hampshire.
9—Leicester, Leicestershire *v.* Lancashire.
9—Oxford, Oxford University *v.* Gentlemen of England (Mr. H. D. G. Leveson-Gower's XI).
12—Lord's, M.C.C. and Ground *v.* Sussex.
12—Gravesend, Kent *v.* Notts.
12—Birmingham, Warwickshire *v.* Leicestershire.
12—Leyton, Essex *v.* Surrey.
12—Oxford, Oxford University *v.* Somerset.
12—Cambridge, Cambridge University *v.* Yorkshire.
16—Lord's, M.C.C. and Ground *v.* Kent.
16—Bradford, Yorkshire *v.* Leicestershire.
16—Brighton, Sussex *v.* Notts.
16—Manchester, Lancashire *v.* Warwicksh're.
16—Bristol, Gloucestershire *v.* Somerset.
16—Oval, Surrey *v.* Derbyshire.
19—Lord's, Middlesex *v.* Sussex.
19—Oval, Surrey *v.* Worcestershire.
19—Crystal Palace, London County *v.* Derbyshire
19—Oxford, Oxford University *v.* Yorkshire.
19—Cambridge, Cambridge University *v.* Gentlemen of England (Mr. E. M. Dowson's XI).
23—(Whit-Monday)—Lord's, Middlesex *v.* Somerset.
23—Nottingham, Notts *v.* Surrey.
23—Manchester, Lancashire *v.* Yorkshire.
23—Leyton, Essex *v.* Kent.
23—Brighton, Sussex *v.* Gloucestershire.
23—Southampton, Hampshire *v.* Derbyshire.
23—Birmingham, Warwickshire *v.* Worcestershire.
23—Leicester, Leicestershire *v.* London County.
23—Cambridge, Cambridge University First XII *v.* Next XVI.
25—Gravesend, M.C.C. and Ground *v.* Gravesend.
26—Lord's, Middlesex *v.* Gloucestershire.
26—Nottingham, Notts *v.* Essex.
26—Leicester, Leicestershire *v.* Surrey.
26—Brighton, Sussex *v.* Somerset.
26—Manchester, Lancashire *v.* Kent.
26—Derby, Derbyshire *v.* Yorkshire.
26—Cambridge, Cambridge University *v.* London County.
30—Lord's, M.C.C. and Ground *v.* South Africans.
30—Sheffield, Yorkshire *v.* Worcestershire.
30—Leicester, Leicestershire *v.* Sussex.
30—Oval, Surrey *v.* Gloucestershire.

GOLF.

3—Hesketh: Ladies' Spring Meeting.
3-4—West Lancashire: Ladies' Spring Meeting.
3-4—Midland Amateur Championship, King's Norton
4—Professional Golfers' Association: Southern Tourney, Southall.
4—Royal and Ancient: Spring Meeting.
5-7—Richmond (Sudbrook Park): Spring Meeting.
6-7—Lanark.
6-7—West Lancashire: Spring Meeting.
7—East Lothian.
7—Warlingham.
7—St. Rollox (Glasgow): Spring Meeting.
9-13—Ladies' Championship, Troon.
11-14—Hastings and St. Leonards: Spring Meeting.
13-14—Formby: Spring Meeting.
14—Richmond (Sudbrook Park).
16, &c.—Irish Close Championship, Portmarnock.
16-18—Chislehurst: Ladies' Spring Meeting.
17—Scottish Ladies' Championship, Prestwick.
18—Scottish Section P.G.A. (Money Prizes and "News of the World" Qualifying Competition, at Troon).
21, &c.—Royal St. George's, Sandwich: Whit Meeting.
21-23—Lytham and St. Anne's: Whitsuntide Meeting.
21-23—Littlestone: Ladies' Whitsuntide Meeting.
21-23—Warlingham: Whit Meeting.
21-23—Hunstanton: Whitsuntide Meeting.
23—Wembley: Spring Meeting.
24—Chislehurst: Ladies' Mixed Fours.
24—Southwold: Bogey Fours.
26—Kent County *v.* Middlesex.
26, &c.—Bar Golfing Society's Tournament, Rye.
26-27—Midland Ladies' Championship, King's Norton.
27—St. George's Vase, Sandwich (Open Amateur Stroke Competition).
28—Wembley: Myer Challenge Salver.
28—England *v.* Scotland, Sandwich.
30-June 3—Amateur Championship, Sandwich.

BILLIARDS.

2-14—C. Dawson *v.* H. W. Stevenson, 18,000 up even for £200.
25—H. W. Stevenson *v.* W. Cook, at the Sports' Exhibition, Crystal Palace.

LAWN TENNIS.

21, &c.—Tyndale Tournament at Hexham.
23, &c.—Surbiton Tournament.
30, &c.—Middlesex Championships at Chiswick Park.

YACHTING.

19-21—Royal Northern Y.C., Opening Matches.
21—Royal Western Y.C. of Scotland, Opening Matches.
27-28—Royal Clyde Y.C., Opening Matches.
28—New Thames Y.C., Match from Southend to Harwich.
30-31—Royal Harwich Y.C., Regatta.

ATHLETICS.

7—Essex Cycling Club 25 Miles Open Walk at Forest Gate.
7—Herne Hill Harriers' Sports at Redhill.
14—Blackheath Harriers' Sports at the Crystal Palace.

TENNIS.

10-16-20—P. Latham *v.* C. "Punch" Fairs for the Championship, at Brighton.

ROWING.

7-14—N.A.R.A. (Lea) Sculling Handicap.

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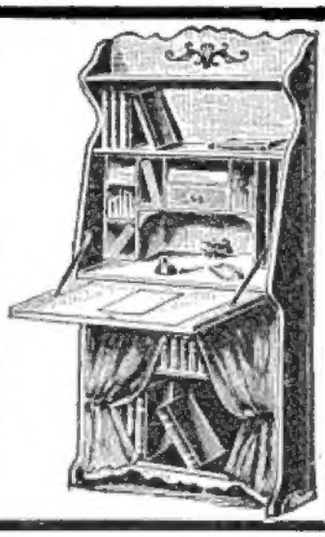

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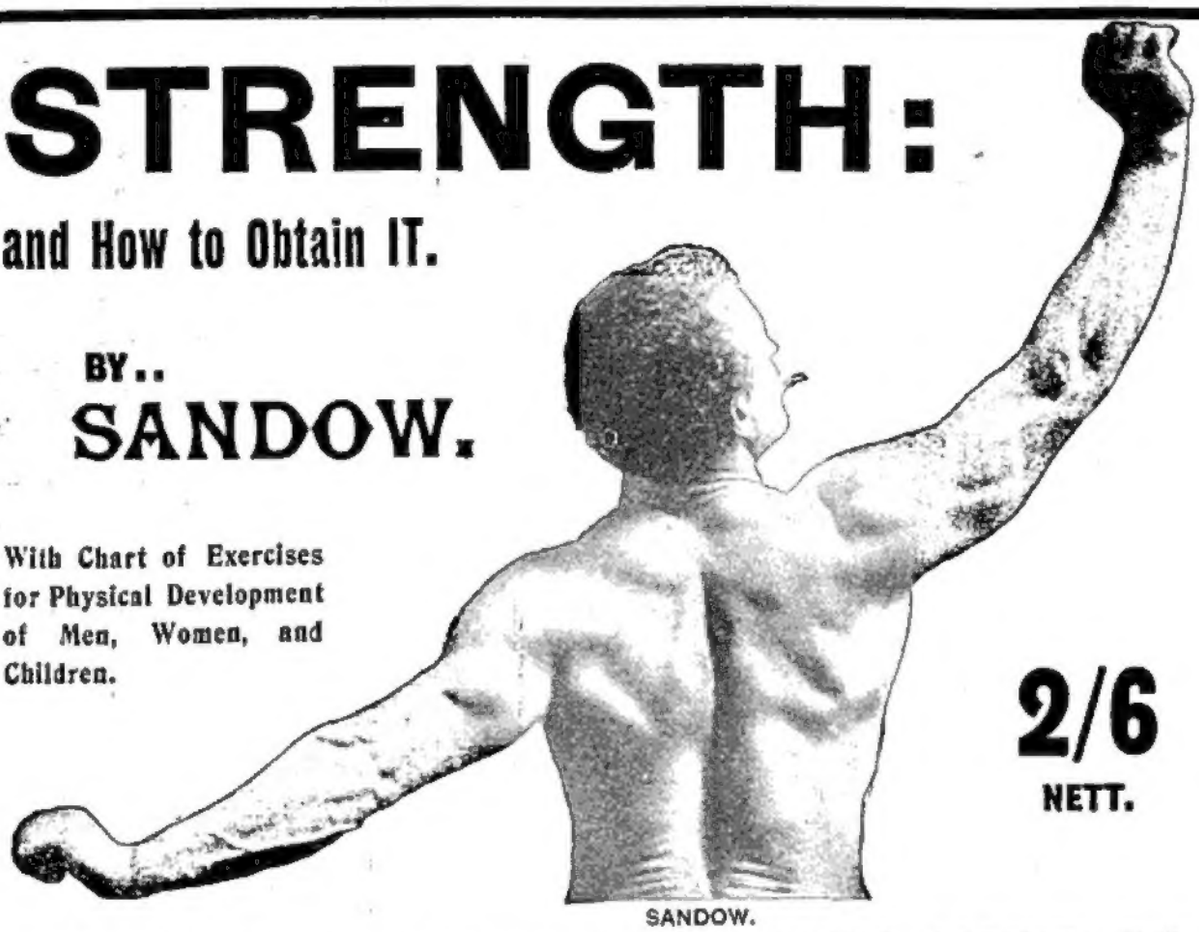

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